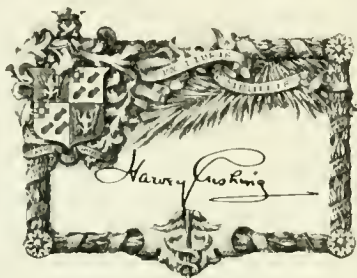


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*Man began to despise the drink which he had in common with Animals,
 As a punishment for his pride, he became sickly, old, & infirm,
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 And mankind were again restored to their original power*



TO JOSEPH ARCHER, ESQ.

As the unflinching advocate of the Cold Water Cure, according to the practice of Vincent Priessnitz,—as the generous promoter of brotherly feeling amongst his countrymen in a foreign land,—and as the bestower of many personal kindnesses on one who had but slight claims to his attention, this humble tribute is respectfully and affectionately offered by his

Sincere Friend,

RICHARD BEAMISH.

Prestbury, Cheltenham,
Oct. 1843.

PREFACE TO THE SECOND EDITION.

AT the request of several patients of various nations, who, during my recent sojourn at Gräfenberg, have had an opportunity of comparing the treatment to which they were subjected with my written and oral opinions, I am induced to offer to the public a Second Edition of my little work, in which I shall endeavour to meet the wishes of my kind advisers, by entering more into the detail of the different hydropathic processes than I had heretofore done, with their specific application. This I purpose to do by illustrations, taken chiefly from cases which I had myself observed at Gräfenberg, or which had been supplied to me *there* by undoubted authority, and also such as have been furnished by my own practice at home.

My object is, to develop the principles of hydriatic action, without a knowledge of which no amount of recorded cases will ever form the accomplished and trustworthy hydropathist. If, in the course of my remarks, I shall feel it a duty towards the great Founder of the system to speak in no very favourable terms of the sentiments of recent medical

writers, and of the actions of late medical visitors to Gräfenberg, I trust I shall find an apology in every mind on which the incubus of professional dogmatism has not settled, and in which the spirit of self-respect, of national honour, and of truth have not lost their salutary influence.

To those friends at Gräfenberg who have so kindly aided me in my inquiries I beg to offer my grateful acknowledgments; and, though unwilling to particularize, I cannot but mention the name of Nieman, a gentleman to whom the English visitor owes a large debt of obligation, not only for his general urbanity, but for the essential service which he so willingly affords, as the medium of communication with V. Priessnitz; without which, the long and tedious journey might be rendered almost nugatory, from the want of an efficient confidential interpreter.

The readiness with which Mr. Priessnitz met my inquiries, the kindly feeling which he manifested throughout the period of my sojourn, and, above all, the willingness with which he permitted me to engage the services of so valuable an auxiliary as his relative, Albert Priessnitz, command my grateful acknowledgments.

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ERRATA.

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- 9, *for* (weniger erregender umschlag) *read* (weniger errigende Umschläge).
- 10, seventh line from bottom, *for* moisted *read* moistened.
- 32, fifth line from bottom, *for* umschlage *read* Umschläge.
- 34, bottom, *for* irrutions *read* eruptions, and (aus-schlage) *read* (Aus-schläge).
- Unschlag should be written with a capital U.

COLD WATER CURE.

HAVING been strongly impressed with the value of the testimony afforded by Captain Claridge, in his work on Hydropathy, corroborated by a subsequent personal communication with Dr. Wilson, the hydropathic physician of Great Malvern, of the efficacy of cold water as a therapeutic agent, far surpassing, in simplicity, efficacy, and universality, every other that has been offered to man ; and believing that what the genius of a peasant of Silesia had discovered, might be rightly comprehended, and faithfully administered, by an educated gentleman of Britain, I resolved, at the end of July 1842, to use such part of the Cold Water Cure as appeared applicable to my particular case ; having for years been compelled, under the baneful guardianship of drugs, to drag on an unstable existence, in which my mind, though sometimes excited to more than ordinary action, was too often reduced to a state of morbid irritability, with a fearful succession of the most gloomy anticipations for the future.

Placed in a singularly favourable locality for ful-

filling the conditions which have been deemed necessary to carry on the curative process,—dry soil, pure air, a hilly and picturesque country, and, above all, *wholesome* water,—I was very quickly made conscious of a change in my whole system, five applications of the wet sheet having been sufficient to restore its functions. Within five weeks from the commencement of the course, I was permitted to experience an elasticity of spirit, and a vigour of cerebral and muscular action, which I long thought were only the privileges of youth.

For many years I had been subject to periodical attacks of rheumatism and piles, more or less acute, and very seldom did a week pass without my being compelled to resort to medicine three times on an average. I have now passed upwards of fourteen months without the slightest intimation of rheumatism, and entirely relieved from the necessity of seeking the treacherous aid of medicine. It will be, then, no matter of surprise to my friends, that I should seek to communicate to others a blessing which I have myself been permitted so richly to enjoy. My first efforts were directed towards alleviating the sufferings of the poor around me. The success which attended my labours induced me to enlarge the sphere of my operations, and I now select the following cases, from amongst many which I have treated, as a farther testimony to the value of the “Water Cure.” Others will be given subsequently.

On the 4th of October, my attention was called by a kind and valued neighbour and friend,—no less distinguished for his unostentatious and retiring character than for his truly Christian philanthropy, and intimate acquaintance with the struggles of the suffering poor around him,—to a labourer, by name J. Pocket, on whom he had already commenced the cold water treatment with the most unexpected success.

For *eight months* had this man been confined to his bed. He stated that he was first attacked with giddiness and sickness, and was unable to retain his food on his stomach. To these symptoms succeeded a vomiting of blood, with acute pain in his right side, which subsequently extended over the whole of the epigastric region.

The quantity of blood and mucus ejected amounted frequently to half a pint in a day, and not more than two days passed without the hæmorrhage, during which time the pain in his side became almost intolerable. A bitter taste was constantly in his mouth; his breathing was short, with a slight cough; his kidneys performed very imperfectly their functions, and pain was constantly felt in the small of his back. His rest was almost gone, and sensations of fainting were frequent.

Medical skill had been exercised in vain: leeches, blisters, strong acids, and nitrate of silver, had all proved ineffectual. His death was daily, nay, hourly,

looked for ; and the prayers of the Church had for many Sundays been offered up to the throne of grace.

The first draught of cold water checked the hæmorrhage, and the wet bandage to his stomach soothed the pain. The subsequent application of cold water to the surface of his body, with gentle friction twice a-day, and the drinking freely of cold water, so far restored his strength, that in *nine days* he was enabled to turn himself, so as to allow of his back being rubbed ; on the *tenth day* he sat up in his bed for ten minutes ; on the *nineteenth* he left his bed for two hours and a half ; and on the *twenty-third day* I had the gratification to see him down stairs, and seated once more at his own fireside.

Relief was early obtained by copious perspiration, which recurred with considerable uniformity every fifth night ; the compress on his stomach emitting a peculiar musty odour, similar to that from mice.

From the fourth day he was released from pain everywhere, except when pressed under the right ribs. His breathing continued to improve, though by no means uniformly, and his alvine excretions became far more regular than he had known them since his illness.

Pulse from 68 to 72 : still he continued to experience the bitter taste in his mouth, particularly in the morning. I urged him to take water more freely, and accordingly, on the 18th of November, he commenced his draughts about two o'clock in the morn-

ing, when he was usually disturbed. For three days his motions had been small in quantity, and much confined, when, on the morning of the 21st of November, his bowels having been freely exonerated, I observed that a cylindrical worm with conical ends (*Ascaris Lumbricoides*) had passed, which measured eight inches and a quarter in length, and two tenths of an inch in diameter.

The change for the better in the poor man's aspect was remarkable, and his whole system seemed to have obtained fresh vitality. It may be worthy of observation, that, up to the time that the worm was passed, the specific gravity of the motions was always greater than that of water ; whereas, since then, it has been less. On the 26th of November another worm, six inches long, and one-eighth of an inch in diameter, appeared, and a farther improvement was visible in the patient. An occasional cough had somewhat impeded his progress to convalescence, as it caused a slight return of pain under the right ribs during the exertion of coughing. To the dampness of his house, as well as to a delicacy of chest, am I disposed to attribute the tendency to a return of cough, the water sometimes actually finding its way through the floor. His appetite is good, his sleep sound and refreshing, his strength is being gradually restored, and he is now enabled, when the weather is favourable, to enjoy once more the free air of his native hills.

During my absence at Gräfenburg, in June last, this poor man was again attacked with vomiting of blood. He had neglected to resort to the cold water of Knoll Hill, and to apply the stimulating bandages. A lady in Prestbury having been informed of the event, kindly sent him some ice to put the water from his own pump into, which at once stopped the bleeding. By returning to the application of the stimulating bandages, changed four to five times a day, and the use of the sitz bath twice a day, he is again restored to more than his usual health.

The 2nd case is that of a female, Elizabeth Petifer, aged 63, who had been a sufferer for *eighteen years*, ever since her last confinement, from a constant pain, more or less acute, in the neighbourhood of the womb.

Three medical gentlemen, whom she named, attended her during her illness, and all concurred, according to her statement, in the opinion that she would never be restored to health, or be freed from pain as long as she lived. Up to the time of her placing herself under my instructions, the prophecy had been but too well fulfilled, notwithstanding her attendance for six months at a time at the Dispensary of Cheltenham, and that she changed her days of attendance to obtain the advantage of various medical opinions.

Many times she had prayed, if it were God's will, to be released from her sufferings with her life,

and though at times capable of some exertion, the effects of disease were so strongly marked, as to leave little hope of recovery.

On the 11th of October, 1842, I commenced the application of cold water, internally and externally, in various ways.

In *four days* a trembling which pervaded her limbs, ceased, and her body had recovered its erect position. In *nine days* the pain which had tormented her so long, and which was to have been her companion through life, was scarcely perceptible, and she was enabled to perform her regular household duties. In *twenty-one days*, I ceased to attend; her health being re-established, and her strength fast returning.

The 3rd case is that of Mr. John Johnson, a highly respectable inhabitant of Prestbury, whom I was requested to see on the evening of the 19th of October, 1842, at six o'clock.

I found him in a high fever, the glands of his throat so much swollen as to render articulation difficult, with shooting pains through his head; his head and throat swathed in flannel, and having had no rest for two nights and days. I declined to take on myself the responsibility of the case, and strongly urged upon him and his wife the necessity of calling in their medical adviser. This they appeared unwilling to do, and still begged me to say what I would recommend. I then answered, were

I in a similar condition I would throw away all those flannels, and supply their place with a cold wet linen wrapper; I would have cold wet bandages constantly applied to my stomach and bowels, until their temperature should become so reduced as not to require wetting in an hour, and I would drink freely of cold water.

At half-past six o'clock the process was commenced. The bandages were changed at first every twenty minutes, then every half hour, until, at eleven o'clock, he fell into a calm sleep till the morning, when I found that all fever had disappeared, the pulse indicating a normal state. The swelling in his throat was much reduced, and the pain allayed. His progress to health was uniform by steadily continuing the cold water treatment which I recommended.

4th case.—Jacob Westmicott, carter, aged 61, had fallen from his cart in consequence of a severe pain in his left thigh.

Found him (19th December, 1842) suffering from a severe attack of acute rheumatism in his left thigh, including hip and knee-joints, being the second attack of the same kind. Some years ago he had cut his leg with a bill-hook, and shortly afterwards was attacked with rheumatism, for which he had been treated in the Cheltenham Dispensary with warm-baths, medicine, and the rubbing in of lotions, which relieved him, but never entirely freed him from pain.

I found him in so sensitive a condition that the approach of my hand to his leg made him shrink and cry out. A bottle of stimulating lotion had been sent him by the medical attendant ; but which he was unable to apply a second time, so exquisite was his suffering.

By the constant use of the less-stimulating wet bandages (*weniger erregender umschlag*) applied from his hip to his knee, with foot-bath and hand-rubbing, together with water-drinking and body bandage (*erregender umschlag*), the poor man was enabled to return to his work in *nine* days, free from all pain. No medicine having been taken, no feeling of weakness prevented him from performing his usual amount of daily labour when the disease was removed ; whereas, after the Dispensary practice, it took him many weeks to recover his strength, with a recurring tendency to a fresh attack. He has been now eight months entirely free from any rheumatic feeling ; for, to use his own expression, "Cold Water is quite another thing from medicine."

5th case.—Mrs. Hale, aged 64, had been suffering for seventeen years from a puerperal ulceration of her right leg. After her last confinement, nineteen years before, her left leg became ulcerated, which was healed after two years' contest with drugs, lotions, and ointments ; but soon after the right leg broke out, which resisted all the prescriptions of the Dispensary physicians, which she ultimately

abandoned, as affording no relief. In October, 1842, I undertook the case, under the most unpromising circumstances; the whole system was deranged; no one function was properly performed. Scanty fare, and uncertain attendance, increased my difficulty; notwithstanding, by the application of the wet sheet, the sitz bath, the leg-bath, various umschlags, with occasional sweating, followed by abreibung, I had the satisfaction to observe one organ after another resume its healthy action, and at length, in the middle of March, 1843, in five months, to see her leg perfectly healed.

6th case.—I was requested, with Mr. Crump, to visit Thomas Wilks, a baker,—age 43,—who had been, as I understood, abandoned by the medical men as being in a hopeless consumption. He had had typhus fever, from which he with difficulty recovered. We found him in a very emaciated condition: severe cough, with purulent expectoration; nightly perspirations; legs swollen; pulse 120 to 130. The treatment commenced on the 6th of May, 1843, by rubbing the whole body twice a-day, with the hand moistened with cold water; a stimulating bandage (*erregender umschlag*) was applied to the chest and abdomen, changed four times a-day; and he was directed to drink freely of cold water. By the 14th of May there was an obvious improvement in his strength and general aspect; and those who had wondered, or rejoiced in the temerity of undertak-

ing such an apparently hopeless case, began to smile with interest, or to frown with disappointment on our labours. The wet sheet and tepid bath next followed. — On 19th May, when I left home for Gräfenberg, Mr. Crump found his weight to be 8st. 2lbs.; on the 25th it had increased to 8st. 8lbs.; on 31st to 8st. 11lbs.; and on the 5th June it was 9st. On the 10th June Mr. Crump ceased to attend him, as he had returned to his work, which he has continued to perform ever since. His weight at present (Sept. 1843) 10st. 2lbs.!

The seventh case is that of Mr. Johnson, of Prestbury, who had been suffering for some days from a cutaneous eruption, called millary, or millet fever, with a continuous hard and dry cough. For two nights he had had no rest; fever high; bowels constipated. The wet sheet was immediately applied, followed by the tepid bath. A lavement relieved the bowels, and the free drinking of cold water refreshed the parched system. The wet sheet was repeated twice a-day, followed by tepid bath, and this formed the principal treatment. It was commenced on the 15th May, 1843; — on the 22nd the patient was able to go out, the eruption having entirely disappeared, and the cough rapidly subsiding. He continued steadily to improve, taking a wet sheet every other day for another week, when his cough was entirely removed; and he declared to Mr. Crump that “Hydropathy was a wondrous quick thing to

cure people." It may be well to state that Johnson had been afflicted with this disease some years before, and had swallowed a large quantity of drugs, with little effect ; for he continued to suffer as many *weeks* under the ordinary treatment as he did *days* under the hydropathic, and was left in a state of great debility for long afterwards. Other cases of fever have come under our treatment, with equal success.

The eighth case is that of a highly respectable shopkeeper in the High Street of Cheltenham, Mrs. Williams, whom I was requested to visit on the 20th of October, 1842.

I found her suffering from a severe attack of rheumatism in the head, under which she had laboured for eight months. The pain was described as intense, with spasms extending to the infra-orbital foramen, or cheek-bones, showing a near approximation to *tie-doloureux*. Her left arm was rendered nearly useless, and her loins were so painful, and her back so feeble, as to prevent her rising from her chair without assistance. Her head was, as usual, enveloped in flannel, and her ears were filled with cotton. Blisters had been applied to the back of her head, leeches had been used inside her mouth, and she had had two of her teeth extracted, but no relief was obtained.

My first operation was to remove all flannel and cotton, and in their place to apply cold wet bandages ; to direct a wet compress for her stomach, with sitz

and foot-baths twice a-day, and the free-drinking of cold water before meals.

On the 22nd, all the symptoms became much exasperated, and she hesitated whether she should proceed. She *did* persevere, however, and on the 26th she was repaid by freedom from all pain in her loins and back, and the full use of her left arm. By the 2nd of November—in thirteen days—she expressed herself as being in the enjoyment of a better state of health than she had known for years.

The last case I shall mention here is that of my own little girl, four years of age, who was on Saturday evening, the 22nd of October, attacked with scarlet fever. On Monday morning the fever had attained to such a height that I perceived no time was to be lost. Her pulse was what may be termed flying, and, as a consequence, the eruption could not appear. The wet bandages were applied, at seven o'clock in the morning, to the abdomen and bowels, and changed as soon as they showed a tendency to dry. At eleven o'clock the pulse was 125, and the eruption was fast appearing. By the evening fever was entirely reduced, and the eruption covered her body. On Tuesday it began to disappear from the face and neck, and the swelling of the throat and face began to subside. On Wednesday it was found no longer necessary to confine her to bed, and that evening she was quite convalescent.*

* Other cases will be given among the illustrations.

Having in vain called the attention of many medical gentlemen of Cheltenham to some of the facts above stated, and having laid before them the advantages which Prestbury presented for a hydropathic establishment; its pure air, its dry sandy soil, and its numerous walks, with the vicinity to the highest portion of the Cotswold Hills, that, in a distance of a mile and a half from the village, rise 800 feet; and, above all, the existence of a long celebrated spring of *wholesome* water, which, from the recent analysis of Mr. F. Crump, contains less per cent. of extraneous matter than that of Malvern,* I resolved, in connexion with the above-named gentleman, to enter upon the practice of hydropathy generally, in the confident hope that the sufferings of many human beings, if not altogether removed, might be materially alleviated, without having recourse to the doubtful exhibition of drugs.

Mr. Crump, who is a member of the medical profession, fully participates in the conviction I entertain of the value of "cold water" as a remedial agent; a conclusion to which he has been brought both by theory and observation. I have, therefore, secured his co-operation to assist in determining the nature of diseases; to afford such aid in the practical working of the system as his experience at the

* Two quarts (30·720 grains) of Prestbury, or rather Knoll Hill Spring, contain 6 grains of extraneous matter, principally the salts of lime; while the same quantity of Malvern water contains 6·849 grains, principally the salts of soda.

bedside of the sick may suggest ; and to be at hand in case of any of those sudden emergencies which, in treating disease, will occasionally baffle previous calculations.

Let it not be supposed, by what I have implied as to the practice of physic, that I am one of those who would cast reproach on medical science, truly so called.

The hand of medicine can point proudly to her schools of anatomy and physiology, where she has developed the wondrous structure of the body, and the varied functions of its elements, not only in its normal, but in its abnormal or diseased conditions ; and to her schools of chemistry and physic, where she has sought to determine the power and the applicability of the various productions of nature, and thereby to secure a general system of therapeutics. For the great benefits which have been thus conferred on humanity, a deep debt of gratitude must be ever due to those who have poured forth their offerings in that noble temple of science, and I can only lament that so strong a disposition should be exhibited to exclude "cold spring water" from its place among their votive offerings. In vain have I referred to pharmacopœias for any account of spring water as a curative agent.

That spring water is a powerful remedial agent, there is now ample testimony ; but why it is so, is not so readily comprehended.

The formal and inefficient education afforded by our schools and colleges takes no cognizance of the principles of physiology, and, as a consequence, the functions of the living animal are looked upon as a mystery, into which the uninitiated must not even seek to penetrate. So factitious, indeed, is the existence of some, that an idea of indelicacy is attached to inquiries of this nature, as though the hand of a great and good God had no part in the matter. Those, however, who have attended my public lectures on mental philosophy will call to mind how strongly I urged on parents and teachers the importance of this subject, second to none in the whole circle of the sciences, without some knowledge of which it were vain to attempt to offer an "Approximate Rationale of the Water Cure." I therefore add a short view of the functions of those organs more immediately implicated.

The first in order is the stomach. The internal coat of the stomach is found to be covered with vessels, the functions of which are to inhale and exhale. It is also supplied with a substance called mucus for lubricating its internal surface, and with the gastric juice for dissolving the aliment introduced. It is supplied with a multitude of nerves from each nervous system, and hence its great sensibility not only to matter introduced, but to the various circumstances of the body, and affections of the mind, most conclusively demonstrated by Dr.

Beaumont, of America, in his interesting experiments on his patient, St. Martin, whose stomach was exposed to his constant observation through an opening formed by a gunshot wound, the detailed account of which is given in Dr. A. Combe's truly valuable work "On the Physiology of Digestion." "In the course of Dr. Beaumont's attendance," says Dr. Combe, "he found that whenever a feverish state was induced, whether from *obstructed perspiration*, from undue excitement by stimulating liquors, from overloading the stomach, or from fear, anger, or other mental emotion depressing or disturbing the nervous system, *the villous coat became sometimes red and dry, at other times pale and moist, and lost altogether its smooth and healthy appearance*. As a necessary consequence, the usual secretions became vitiated, impaired, or entirely suppressed; and the follicles from which, in health, the mucus which protects the tender surface of the villous coat is poured out, became flat and flaccid, and no longer yielded their usual bland secretion. The nervous and vascular papillæ, thus deprived of their defensive shield, were then subjected to undue irritation. When these diseased appearances were considerable, the system sympathised, and dryness of the mouth, thirst, quickened pulse, and other symptoms, showed themselves; *and no gastric juice could be produced or extracted even on the application of the usual stimulus of food*." Hence the folly of attempting to sustain

strength by forcing a patient to eat when food cannot be digested, and when nature instinctively refuses to receive it."

The stomach, then, has many duties to perform; but as it is a principle in physiology, that no two energetic nervous actions can be carried on at the same time without injury to both, to require the absorbent powers of the stomach to take up fluids, while the *gastric juice* is also called on to dissolve solids, is as incompatible with healthy digestion as it would be to engage in anxious thought or great muscular exercise. Hence the difficulty with weak stomachs of disposing readily of hot soups, where the fluid part must be the first absorbed before the gastric juice can perform its office on the more solid portion, and where the vapour and gaseous exhalations tend so directly to relax the tissues; for "The permeability to gases is a mechanical property common to *all* animal tissues; and it is found in the same degree in the living as in the dead tissue." (*Liebig.*) The drinking of water or any other liquid during, or immediately subsequent to a heavy meal, is also inadmissible, as it not only tends to withdraw nervous energy from the gastric secretions, but also to weaken its influence by dilution; whereas by the application of cold water *previous* to the introduction of food, the absorbents are brought into activity, and vigour is imparted to the whole nervous system. This is not only comprehended by the scientific

sportsman, but practically adopted by the most ignorant ostler of the humblest village inn in this country, who never thinks of giving water to his horses, except *before* their food. The rapidity with which absorption can be carried on by the stomach is truly astonishing. In one case, which came under my own observation, *twenty-seven* glasses, containing between a quarter and half a pint each, were taken before breakfast without inconvenience ; and a gentleman at Gräfenberg told me that he in one day drank 39 of Preissnitz glasses, or about $13\frac{1}{2}$ quarts ; a slight vertigo was the consequence.

It was at one period supposed that a direct communication existed between the stomach and the kidneys, which readily accounted for the disposal of the fluid taken into the stomach ; but anatomists have been unable to discover such a communication.

M. Magendie's opinion is, "that all liquids are absorbed by the veins, and transported by them to the liver and the heart," and thence distributed through the whole system : indeed, the experiments of Drs. Christison and Coindet "On Poisoning by Oxalic Acid," published in the 19th vol. of the "Edinburgh Medical and Surgical Journal," show beyond question the absorbent nature of this organ. In one case, where the stomach of a rabbit was examined *thirteen minutes* after a drachm of oxalic acid, dissolved in eleven parts of tepid water, had been injected into it, not a drop was found, but the coats of

the stomach exhibited the effects of unnatural action, the epidermis being brittle, and presenting everywhere a yellowish brown colour, although its porous structure remained unaltered.

Wholesome water, then, tends not only to strengthen the stomach by its astringent properties, but to dilute the blood, and, by the large amount of oxygen which it contains, (8 parts out of 9,) to excite the various excretory organs to more vigorous action, by which those substances, not calculated either by their quality or quantity for being assimilated, are more readily removed. "Oxygen," observes Liebig, "is conveyed to every part of the body by the arterial blood; moisture is everywhere present; and thus we have united the chief conditions of all transformations in the animal body;" and "since no part of the oxygen taken into the system is again given off in any other form but that of a compound of carbon and hydrogen; since further, the carbon and hydrogen given off are replaced by carbon and hydrogen supplied in the food, it is clear that the amount of nourishment required by the animal body must be in a direct ratio to the quantity of oxygen taken into the system."

So careful, indeed, is Nature to provide a sufficient supply of oxygen, that, besides what is taken in by the lungs, a large quantity is obtained by means of the saliva. "During the mastication of the food,

there is secreted in the mouth, from organs specially destined to this function, a fluid, the saliva, which possesses the remarkable property of enclosing air in the shape of froth, in a far higher degree than even soap-suds." * Hence the value of perfect mastication, and also of some resistance in the food masticated; as the amount of the saliva secreted is in proportion to the efforts made to overcome that resistance. In infancy, the necessary supply is furnished in the milk.†

* Liebig, Organic Chemistry, p. 113.

† Milk, according to Berzelius, consists of—

Water	928·75
Curd ^a with a little cream	28·00
Sugar of milk ^b	35·00
Muriate of potash	1·70
Phosphate of potash	0·25
Lactic acid, acetate of potash with a trace of lactate of iron	6·00
Earthy phosphates	0·30
	<hr/> 1000·00 <hr/>

^a Curd, according to Thenard, contains in 100 parts —

Carbon	59·780
Oxygen	11·420
Hydrogen	7·429
Azote	21·381
	<hr/> 100·000 <hr/>

^b And sugar of milk contains—

In our civilized condition, wine has become the household daily medicine, rendered necessary from the enervated power of the stomach, to produce the requisite quantity of alcohol to accomplish the vinous fermentation, but which in a healthy state is effected independently of such extraneous aid. The result, however, of the continued exhibition of alcohol produces ultimately serious results; for "according to all the observations hitherto made," says Professor Liebig, "neither the expired air nor the perspiration, nor the urine, contain any trace of alcohol after indulgence in spirituous liquors; and there can be no doubt that the elements of alcohol combine with oxygen in the body; that is, oxygen and hydrogen are given off as carbonic acid and water. The oxygen which has accomplished this change must have been taken from the arterial blood, for we know of no channel, save the circulation of the blood, by which oxygen can penetrate into the interior of the body. It is consequently obvious, that by the use of alcohol, a limit must rapidly be put to the change of matter in certain parts of the body.

The oxygen of the arterial blood, which in the absence of alcohol would have combined with the mat-

Carbon	.	.	.	38.825
Hydrogen	.	.	.	7.341
Oxygen	.	.	.	53.834
				<hr/>
				100.000
				<hr/>

ter of the tissues, or with that formed by the metamorphosis of these tissues, now combines with the elements of alcohol, and the arterial blood becomes venous, without the substance of the muscles having taken any share in the transformation ;” * hence disease in various forms appears, and lifts its warning voice to save the infatuated victim from premature destruction.

I said that the stomach was in communication with the whole nervous system, and we know how much the *circulation* is influenced by the healthy condition of the nerves. The motions of the heart are essentially modified by that condition, which again affects the capillaries of the veins; for if it be understood that the heart performs the double office of a suction and forcing pump, it will be seen that the vacuum formed by its expansion, causes “all fluids of whatever kind, as soon as they enter the absorbent vessels which communicate with the veins,” to move towards the heart, in proportion to the perfection of that vacuum. The venous blood in its progress being made to pass through what Professor Liebig terms one of the filterers of the body, *the liver*,† certain

* Alcohol, according to Dr. Ure, contains of—

Carbon, 3 atoms, or	.	.	.	46·15 parts
Hydrogen, 6 atoms, or	.	.	.	12·82 „
Oxygen, 2 atoms, or	.	.	.	41·03 „
				<hr/>
				100·00
				<hr/>

† In the bile, which plays so important a part in the animal

substances, incapable of nutrition, are separated from it, before it proceeds to the right side of the heart, from whence, by the subsequent contraction of that organ, it is forced into what is usually called the pulmonary artery, really a vein, into the lungs, where it undergoes its vital change by being exposed to the action of the atmospheric air; after which, it is returned to the left side of the heart, to be distributed through the system, that it may deposit in its passage, the *serum* in one place, the *fatty* matter in another, the *mucus* here, the *fibrine* there, and the foreign substances elsewhere; till at length, having parted with these various elements, it once more assumes the quality of venous blood. In short, "Everything composing the organized being concurs to its development, and participates in it; every portion contributes to its *general* life, and receives from it *especial* life; the Circulation, — that inextricable net-work which entwines in its innumerable meshes the most voluminous, as well as the smallest organ, — the circulation gives activity to the digestion; and the digestion, in its turn, feeds the circulation. The respiration, and which many distinguished physiologists believed was intended solely to be excreted, but which quantitative analysis has now shown to contain parts not found in the excretions, and which must therefore be "returned from the intestinal canal into the organism," — in healthy bile, there is found not less than 90 per cent. of water, or the elements of water, and which, if not supplied, causes an accumulation of carbon in the liver, the organ destined to secrete bile, which speedily deranges its functions, and lays the foundation for a long train of distressing diseases.

ration gives life to the circulation ; and *all the surfaces in contact with the external air respire it, or become impregnated with it, so as to organise the fluids, and regenerate that which has become vicious.* Life radiates and circulates incessantly from centre to circumference, and, in the same route, from circumference to centre. This visible circulation is accompanied by another more rapid, and more subtle, which bears to the organs the power of assimilating the products of the first, and which performs this function by a net-work as inextricable as the former ; a net-work which, like the other, connects together the different surfaces, and penetrates within their most intimate parts.”*

Dr. Martin Barry concludes his valuable paper “On the Corpuscles of the Blood,” (read before the Royal Society, June, 1840,) thus : “We are indebted to Schwann (*Lehrbuch der Physiologie*) for the very important discovery, that for all the elementary parts of organisms there is a common principle of developement,” the elementary parts of tissues having, as he has shown, a like origin in cells, however different the functions of those tissues. We have seen some of these corpuscles (of the blood) to arrange themselves into muscular fibre, and others to become metamorphosed into constituent parts of the chorion. It is not, however, more difficult to conceive objects so much alike undergoing transform-

* *Medical Times*.—Lectures of M. Raspail.

ations for purposes so different, than it is to admit a fact made known by two of my preceding Memoirs, (Researches in Embryology,) namely, that the nucleus of a cell having a central situation in the group which constitutes the germ, is developed in the whole embryo, while the nuclei of cells, occupying less central situations in the group, form no more than a minute portion of a membrane. It is known, that in the bee-hive, a grub is taken for a special purpose from among those born as workers, which it perfectly resembles, until nourished with peculiar food, when its development takes a different course from that of every other individual in the hive." Hence the importance is manifest, of knowing how to supply the stomach with such substances only as can be converted into healthy blood, upon which every organ and tissue of the body depend as well for their existence as for their sustentation.

Pricssnitz considers the condition of the blood as all important, and however he may be disappointed, sometimes, as to the result of his practice in cases of disease arising from bony spiculæ, clots, &c. a large experience has satisfied him of the general truth, now being recognized by high medical authority, viz. "that *all* diseases depend upon a morbid condition of the humours, or the presence of certain morbid matters in the blood." It may be here observed, that "the mutual action between the elements of the food, and the oxygen conveyed by the circu-

lation of the blood to every part of the body, is the *source of animal heat*," and "that the amount of heat liberated, must increase or diminish with the quantity of oxygen introduced in equal times by respiration." Hence the reason why "those animals which respire frequently, and consequently consume much oxygen, possess a higher temperature than others, which, with a body of equal size to be heated, take into the system less oxygen. The temperature of a child (102°) is higher than that of an adult ($99\cdot5$). That of birds (104 to 105) higher than that of quadrupeds ($98\cdot5$ to $100\cdot4$), or than that of fishes and amphibia, whose proper temperature is from $2\cdot7^{\circ}$ to $3\cdot6^{\circ}$ higher than that of the medium in which they live;"* and hence it is, "why a child requires food oftener than an adult, and bears hunger less easily," and why a bird deprived of food would die on the third day, while a serpent, with its sluggish respiration, can live without food three months together.† On the other hand, "an excess of food is incompatible with deficiency in respired oxygen, that is, with deficient exercise; just as violent exercise, which implies an increased supply of food, is incompatible with weak digestive organs. In either case the health suffers."—(*Liebig*.)

But to return: the immediate effect produced by

* *Liebig's Organic Chemistry*.

† M. Quetelet, in his highly interesting work, "*Sur l'Homme et le Développement de ses Facultés*," supplies the following

drinking largely of cold water is on the kidneys, (the arterial filterer of Liebig,) and for this reason, that no organs of the body are so liberally supplied with blood for their size as they are. The arteries which are directed to them proceed immediately from the aorta or great artery, are short, and of considerable capacity, and the communication with the veins is remarkably easy. They are supplied with nervous filaments from the great sympathetic and intercostal nerves. The physical and chemical properties of the secretions of this organ are subject to great variations immediately dependent on the nature of the food taken into the stomach, and even on that of the air taken into the lungs. The character of those excretions shows the vast importance of the organ; the superfluous salts, animal earth, and acrid substances, which would accumulate in the body to the corruption of its tissues, are removed with the urine,

table of the absolute and relative number of pulsations and inspirations in a minute at different ages : —

Ages.	Pulsations.			Inspirations.		
	Mean.	Max.	Min.	Mean.	Max.	Min.
0 years.	136	165	104	44	70	23
5 years.	88	100	73	26	32	
10 to 15	78	98	60			
15 to 20	69·5	90	57	20	24	16
20 to 25	69·7	98	61	18·7	24	14
25 to 30	71·0	90	59	16·0	21	15
30 to 50	70·0	84	56	18·1	23	11

which is always secreted in larger quantity and of a less acrid character, the colder, purer, and more abundant the liquid is which the stomach receives. Muscular action, particularly walking, promotes much the secretion of urine, and as "every motion increases the amount of organized tissue which undergoes metamorphosis," exercise should be always resorted to where it is possible, and particularly in a hilly country; because a greater variety of muscles are necessarily engaged. Where the patient is unable to walk, great caution will be required in administering cold water; for a quantity of heat is abstracted by the cold from the system, which requires an additional amount of oxygen to restore it. It is only where there is already undue action in the stomach and larger intestines, that exercise can be dispensed with.

Much is said of *pure water*, but no one recommends distilled water, or rain water, or river water, if spring water can be obtained; because those waters are deprived not only of the various salts which are found in all spring water, but also of the gases, more particularly the carbonic acid, by which water is rendered so agreeable to the palate and the stomach.

But it is not that the value of the gases is limited to the agreeable; those evanescent substances permeate with extraordinary rapidity the several membranes and tissues, and being conveyed to the lungs, their motion is accelerated, a larger amount of oxy-

gen is necessarily imbibed, the heat of the body is increased, and the whole vital actions are quickened and invigorated. Hence the advantage in many diseases of taking the water where it issues from the earth.

There can be little doubt but that the salts held in solution exercise considerable influence on the animal economy. If so, it becomes very requisite that the nature and value of those salts be ascertained.

Lime, in its various combinations, is the most widely disseminated, perhaps, of any substance; and if it be a fact that a variety of substances already in nature, or prepared by art, are used in the same way, and for the same purposes, as similar matter is employed when formed by the vital energy of the animal organs within the system, whether capable or not of yielding blood, as gelatin, vegetable fibrine, albumen, and caseine, then we shall understand the value of the lime in water; for the reason, that bone is found to consist principally of that substance.*

* According to Berzelius bone is composed of—

Phosphate of lime	81.9
Fluate of lime	3.0
Carbonate of lime	10.0
Phosphate of magnesia					1.1
Phosphate of soda				.	2.0
Carbonic acid	2.0
					<hr/>
					100.0
					<hr/>

This view, which I had for some time entertained, I have been agreeably surprised to find corroborated by Professor Liebig, in his valuable work already referred to. In point of fact, chemical analysis has led to the conclusion that the developement and growth of animals “are dependent on the reception of certain principles identical with the chief constituents of blood;” and “that the animal organism gives to blood only its form; that it is incapable of creating blood out of other substances which do not already contain the chief constituents of that fluid;” thus,

Vegetable fibrine, conspicuous in the juice of grapes and the seeds of wheat, &c.

Vegetable albumen, in certain seeds, nuts, and almonds, &c.

Vegetable caseine, in peas, beans, lentils, &c., are all found “to contain the same organic elements, united in the same proportion, by weight; and, what is still more remarkable, that they are *identical in composition* with the chief constituents of blood, animal fibrine, and albumen.”

If now the place of lime in water is occupied by any other substance, an essential element is wanted, and matter is introduced which must demand an increase of exertion in the *vis vitæ* to throw it out, at a time, perhaps, when the system is little capable of such exertion. Water, then, altogether destitute of lime, must be considered as a medicated water, appli-

cable to some particuar diseases, but, as a general therapeutic agent, inferior to the ordinary waters of the country.

But, on the other hand, most of those termed mineral waters contain so many salts, "that the stomach decomposes them to the injury of its tissues, and the blood absorbs them, to the deterioration of its properties." A striking example came under my observation when at Gräfenberg of the effects of mineral waters. A gentleman who had, from some cause, suffered long from general functional derangement, was induced to try the effects of various waters — Ems, La Ralliere, Castellamare, Ischia, Kissingen, Wildbad, &c., &c.,—but without any benefit; on the contrary, his arms and legs became rheumatized, and his nervous system became so much implicated, that the cry of a child would throw him into convulsions. He was subject to double vision: black lines and spots appeared before his eyes; and sometimes, when the attack was unusually serious, they became red and fiery.

In this state he came to Gräfenberg,—the Leintuch, Cold bath, Douche, and cold water hand-rubbing after the douche, and before going to bed, together with umschlage to his legs, thighs, shoulders, and body, soon produced their salutary influence. About a month after he had commenced the cure, an extraordinary erisis occurred, in the form of deposits on his body bandage (umschlag) and wet sheet

(leintuch). He had them carefully rinsed in water, and the deposit collected, some of which he kindly handed me. The odour from it was disgusting.

Thus far have I endeavoured to determine the value of cold water, applied internally; and, however great that value may be, it is certainly exceeded by the outward application.

The surface of the human body exercises a most important influence on its economy, too often neglected, not only by individuals themselves, but by the generality of medical practitioners.

This instrument of excretion, apparently so simple in its conformation, is really amply complex in its elements, and on the knowledge of these must depend the right appreciation of its functions.

It is divided by anatomists into three parts; *viz.*

1. The epidermis, or cuticle, or searf-skin.
2. The rete mucosum, or mucous coat.
3. The dermis, or corion, or true skin.

The cuticle is a thin, insensible membrane in which neither blood-vessels nor nerves are perceptible; and, as a consequence, no pain is felt from its abrasion or injury. It is so elastic in its structure that the perforation of a needle cannot be detected by means of a microscope, although it is at the same time capable of permitting absorption and exhalation to take place through its substance.

The rete mucosum, or second skin, is composed of a thin soft substance, containing the colouring mat-

ter, and which, in the Negro and in many fish, becomes very conspicuous ; offering in the latter that exquisite variety of tint for which some species are so remarkable. Placed, as it is, between the external and internal skin, its purpose seems to be to afford a soft and yielding protection to the nerves, and blood-vessels with which the true skin is supplied, and into the pores of which it sends innumerable processes.

The *dermis*, or *true skin*, is an organ of exquisite sensibility, forming a net-work, composed of nerves and blood-vessels of the finest texture, over the whole body. So elaborate, indeed, is the expansion of nerves and blood-vessels, that the touch of the finest needle causes pain, and produces blood.

To the dermis is assigned various functions, corresponding to the different constitution of its parts. It exhales waste materials from the system ; it aids materially in regulating the heat of the body ; it is capable of absorbing into the system a variety of extraneous substances ; and it is the great instrument of sensation.

In a word, the skin may be looked upon as the great safety-valve of the body, by which the blood is relieved from a superfluity of “ acrid, rancid, leguminous, and putrid ” animal gas, together with azote and water.

From a variety of careful experiments it has been found that more refuse matter is cast out of the system through the medium of this organ, than through

the combined action of the bowels, lungs, and kidneys, which form the other organs of excretion.

According to Sanctorius, *five* out of every *eight* parts of what was taken into his body were ejected by his skin, in what is called insensible perspiration, leaving only *three* parts to the bowels, lungs, and kidneys; and to this result he came, after daily experiments for thirty years.

The farther experiments of Lavoisier and Séguin, which are considered to have been more carefully conducted, afford a very similar result, *viz.* that out of *eighteen* parts *eleven* were ejected by the skin, leaving *seven* only for the bowels, lungs, and kidneys.

Now it must be obvious, that, if from any cause, the skin does not perform the part originally assigned to it by nature, one of two things will happen; either the system will retain those noxious and heterogeneous excrements which should be eliminated, to the disturbance of its general functions; or some one or more of the other excreting organs are over-taxed, and, being over-taxed, act first slowly, and then ineffectually; producing diseases of various forms, to exercise the skill of the learned pathologist.

But the skin is not limited in its function to *excretion* only; it elaborates and disengages caloric in a high degree: indeed, upon all the surfaces of the body this takes place, as well as upon the surface of the lungs.

"There is not one of these surfaces," says M. Raspail, "which is not permeable to the external air, nor is there one of the elementary cells of our body which does not absorb and elaborate the atmospheric gases," * thereby disengaging and absorbing caloric by turns. Hence the injurious effect of wearing flannel next the skin; for, by preventing the action of the atmosphere, it effectually stops the elaboration of caloric by that organ, weakens its tissues, and throws often an overpowering amount of labour upon the lungs, producing first functional derangement, and ultimately organic changes. What would be said if a piece of flannel were constantly worn over the mouth? And yet that would be about as philosophical as applying it to the skin.

To restore this instrument, then, to its primitive vigour, and thereby to relieve those other organs which exercise similar functions, and which are found to sympathize most readily, as the skin and lungs, stomach, liver, and kidneys, is *one* object of the various external applications of cold ablutions, rubbing, wet sheet, and blankets, or vapour-bath, conducted during the quiescence of the heart and lungs.

The important part which water performs in the functions of excretion will be obvious from the following enumeration:—

1st. From the lungs, *water*, and carbonic acid gas.

* Medical Times, lectures by M. Raspail.

2nd. From the bowels, *water*, various excrementitious substances, and certain salts.*

3rd. From the skin, *water*, with acetous acid, and muriate of soda.†

4th. From the kidneys, *water*, urea, uric acid, and certain salts.‡

* According to Berzelius, human excrement contains, of

Water, per cent.	73·3
Vegetable and animal remains	7·0
Bile	0·9
Albumen	0·9
Peculiar extractive matter	2·7
Carbonate of soda	0·9
Muriate of soda	0·1
Sulphate of soda	0·05
Ammon. Phos. Magnesia	0·05
Phosphate of lime	0·1
Slimy matter, &c.	14·0

100·00

† According to M. Thenard, human sweat is formed of—much water, free acetous acid, muriate of soda, an atom of phosphate of lime, oxide of iron, and a small quantity of animal matter, similar to gelatin.

‡ According to Berzelius, human urine contains, of—

Water	933·00
Urea (1)	30·10

(1) Urea, according to Prout, contains in 100 parts—

Hydrogen	10·30
Carbon	19·40
Oxygen	26·40
Azote	43·40

100·00

But the exhibition of cold water is not limited to its effects on the excretory functions of the body, it also acts powerfully on the whole nervous systems, through the extremities of those “mysterious and inscrutable agents” on the faithful ministrations of which life itself depends.

In fever,—where the tendency “to local congestions and inflammations, and other irregular distributions of blood, which end in very serious disturbance of function, or, actual disorganization of structure,” is so great, and where the ingenuity of physicians in all ages has been exerted, “there being no one subject in the whole circle of medical science, which still involves so many disputed points;”—in fever, how magically does “cold water” act, and notwithstanding the assertion of Dr. Billing that in its treatment “medical men, who consider themselves opposed to

Sulphate of potash	3·71
Sulphate of soda	3·16
Phosphate of soda	2·94
Muriate of soda	4·45
Phosphate of ammonia	1·65
Muriate of ammonia	1·50
Sulphur and fluuate of lime	1·00
Uric acid	1·00
Free acetic acid, lactate of ammonia, soluble animal matter	17·14
Mucus	0·32
Silica	0·03
	<hr/>
	1000·00

each other, in theory, coincide, nevertheless, in the essential points of practice ; as Armstrong, Broussais, Clutterbuck, Frank, Hamilton, Razori, Stieglitz, Tommasini, and others ;" still, a wide difference is acknowledged in the details ; for one man treats fever by venesection, leeches, diet, and scarcely any medicines ; another, by abundant use of them (calomel, &c.), with external application of cold water, and, perhaps, the extraction of little or no blood. One man deprecates blisters, because he may have seen them applied by very unskilful practitioners, &c., and all these differences exist in the treatment of "acute diseases, in which the feverish, or other constitutional symptoms, are the most urgent, *threatening life* ;" yet the simple practice of V. Priessnitz is rejected, who, in the course of twenty years, never lost a single patient in fever !

Dr. Billing admits that "sedatives, by repressing the expenditure of nervous influence, cause the heart to struggle less, and take repose ; while, at the same time, the action of the capillaries throughout the frame, being increased by the constricting property of the sedative circulated to them, the nervous system recovers power." Had Dr. Billing observed the effects of the wet sheet, in cases of fever, he would no longer, I am satisfied, hold the opinion that "it is useful to take away some blood," and that there is in inflammatory fever a direct indication of the necessity of bleeding ;" he would also find that measles,

small-pox, scarlet-fever, &c., would be at once disarmed of all their terror ; and, that typhus has not, as he states, “ a certain number of days to run, like small-pox.” As some proof of this, I would beg attention to the following cases :—

In April last I was called to see a boy about 11 years old, Henry Merebant. I found him suffering from ulcerated sore-throat and fever. He had been seized the day before with great languor and dejection of spirits, with pains in his head, back, and limbs. His eyes were heavy and inflamed ; great heat was experienced at the pit of his stomach, and vomiting constantly recurred—strong symptoms of typhus. Some pills had been administered, to stop the vomiting, but without effect. I directed the wet sheet to be applied, and renewed when hot, and as much cold water to be given as he was disposed to drink. The vomiting immediately stopped. After the third wet sheet he was rubbed in a shallow tepid bath till his teeth chattered. When he was put to bed a gentle perspiration soon broke out ; the fever was entirely destroyed ; he slept soundly all night, and the next morning was convalescent. A covered wet bandage to his throat (*erregender Umschlag*) for a few days, with copious water-drinking, entirely removed the ulceration, and he went about his usual avocations with strength unimpaired.

On the 22nd September I was called to see the

child of a highly-respectable inhabitant of Prestbury, two years old, who had been for some days very restless, with derangement of bowels, and great heaviness, and whose joints had begun to swell. Found considerable fever, eyes much swollen and inflamed, with defluxions of sharp tears, and considerable sensibility to light, and a tendency to an eruption of the skin.

Directed covered wet bandages (*weniger irregender umschlag*) to be immediately applied to the body, arms, and legs, and the child to be permitted to drink as much cold water at 56° as it desired. To be kept as much as possible in bed, or in a room of equal temperature, and to have the bandages renewed as soon as hot. In the course of the day, as fever subsided, the eruption appeared, and at noon, when Mr. Crump visited, he had no difficulty in pronouncing it to be *measles*. After the application of the last bandage in the evening, the child was washed all over in tepid water (70°). The eruption covered the body, face, and forehead. It passed a quiet night, the bandages being only once required. The following morning the fever had entirely disappeared, the swelling of the joints had begun to subside, and the eruption was dying away. Bowels relieved naturally. Appetite restored. The bandage (*irregender umschlag*) was only now retained on the body, and changed four times in the course of the day. The body was washed morning and evening in tepid water. On

the 24th, *the third day*, the eruption had almost entirely disappeared, and the child was convalescent, and has not been confined a single day since.

Perhaps no part of Vincent Priessnitz's practice has been so invariable in its success as that connected with fever, be its special character what it may, whether synochus, typhus, or intermittent; indeed, where his great principle of *counter determination*—to adopt a new expression—fails, he finds it necessary to *produce* fever before he can overcome the peculiar disease.

I use the term, *counter determination*, to convey my view of what I conceive to be one of the most valuable of Priessnitz's discoveries. Seeing that in the body the *quantity* of blood is neither increased nor diminished, but that in disease a greater amount is supplied to a particular part than its functions require, and therefore withdrawn in the same proportion from other parts of the system, he endeavours, through the instrumentality of the skin, or, more correctly, of the capillaries, to restore the balance. In inflammation of the chest, for example, the patient is placed in a sitz-bath for half an hour, the extremities being constantly rubbed by an assistant, whose hands are moistened with cold water, and cold wet bandages are applied to the over-excited part; to this follows the wet sheet, as a general stimulant, while cold bandages are retained to the chest, and

cold water is frequently supplied to the patient in small quantities. By these means, repeated if necessary, the balance of the circulation is usually restored. Here the blood is drawn towards the extremities ; the part which had fallen into disease is unloaded ; the cold application causes contraction of the vessels ; the pressure on the nerves is removed, and the healthy functions of the part are re-established.

A gentleman under treatment at Gräfenberg for asthma, affection of the liver, and much general derangement, for which medical advice had been sought in various quarters, while looking on one evening at the dancers in the Grand Salle, suddenly fell down in a fit. The alarm for his safety was very general. Priessnitz was sent for, who directed that his feet should be well rubbed with cold water until the blood circulated strongly in them, and cold water be applied to his head and chest. He very soon recovered. I add, that he was very corpulent, that in four months he was enabled to put a decanter under his coat, and that in six months he left the establishment perfectly cured of all his ailments.

Or, to take illustrations from my own practice :—Robert Hale, a slater and plasterer, fell from the top of a house in Prestbury, a height of thirty-two feet. His fall was unbroken, save by the window-sill of the lowest window, against which the back of his

head came ; thence to the ground on his back. His brain received a considerable shock. When taken up he was senseless, and nearly black in the face. No bones were broken. In the evening, some time after the accident, he requested my advice. I found his pulse 96, and hard. The greatest suffering complained of was in his back. About half-past eight o'clock the principle of *counter determination* was put into practice. Sitz bath, and rubbing of the extremities, succeeded by wet sheet, with cold wet bandages to the head, and a free supply of water to drink. About eleven o'clock he got to bed, his head enveloped in a wet cloth : some sleep was obtained. On the following morning and evening the same process was repeated, the sole additional application being an enema of tepid water. The wet sheet was only again required the morning of the second day, when he was enabled to leave his house, entirely free from every feverish or uncomfortable symptom. All the subsequent effects of calomel and blood-letting, to which he would inevitably have been subjected in the hands of the faculty, were thus altogether avoided ; and the poor man goes forth in his strength, to bless the simple medicament of nature.

The Rev. G. Salter, curate of Lechlade, Gloucestershire, was attacked with inflammation of the brain in the month of August, 1842. Two medical gentlemen of eminence were in attendance. In the course of three weeks he lost no less than 248

ounces of blood by the lancet, besides what fell to the lot of 107 leeches. He had two blisters applied from the nape of his neck to the middle of his back, one behind each ear, and ultimately a seton was introduced into the back of his neck. He was also salivated severely,—all, however, to little purpose, as the following communication will show. I should add, that he lost the sight of his left eye. On the 7th December he came under my treatment, in a very debilitated condition, with symptoms of dropsy superadded. In a fortnight he returned to his duties, perfectly restored to health. The following is a communication which I subsequently received:—

“ Lechlade, Jan. 17, 1843.

“ MY DEAR SIR,—I trust you will pardon my seeming neglect, in having suffered a week to elapse without expressing my thanks for your valuable assistance; but the severe fall I had from my horse for a time quite incapacitated me from any exertion. However, having strictly followed your directions, I am now *again* able to write myself well. My medical adviser wished again to have recourse to phlebotomy; but I steadily refused any aid but that of *cold water*, and happy has been the result.

“ You desire me to send a statement of my condition previous and subsequent to my placing myself under your care. Having given you before a history of my illness, I conclude I need not send a repetition

of my sufferings during the time I was under what I believe is commonly called the *active treatment* of bleeding, blistering, &c. I shall commence my statement, therefore, from the time when this treatment ceased, and I was suffered to walk at large as being cured. I was then suffering from continual pains in my head, loss of sight in my left eye, great debility, depression of spirits, irritability, and giddiness, inso-much that, if I attempted to stoop, I fell down; added to this, I was totally unable to employ myself about anything.

“I consulted my medical attendant upon it, who proposed *bleeding again*; but, as I knew by experience how temporary was the relief afforded by it, I refused, and, instead thereof, gladly availed myself of your kind offer to go to Prestbury. You witnessed the almost instantaneous relief cold water afforded me. I call it instantaneous, inasmuch as in one week you *removed that disease which had for four months withstood all the efforts of medicine*. I am now able to read the smallest print; indeed, I am enjoying a perfect freedom from all those evils I have mentioned above, and luxuriating in such a buoyancy of spirits as had not fallen to my lot before for years, so that I have *now* just cause to bless the day that first brought me acquainted with you, and, through you, with the water system. You are perfectly at liberty to make public any part of my ease you may think proper, as it might perhaps induce others to avail themselves of

those blessings which your treatment offers them. With many thanks to you for your kindness, and my hearty wishes for the success of your philanthropic desire to alleviate the sufferings of your fellow creatures, believe me, yours sincerely,

“GEO. J. R. SALTER.”

The treatment in this case consisted of wet sheet, (*leintuch*,) morning, followed first by tepid shallow bath, with friction by two assistants, and subsequently by cold shallow bath. Noon and afternoon, sitz bath, from twenty minutes to half an hour, with feet-rubbing. Cold wet bandages (*kühlender umschlage*) were constantly applied to his head, and sweating was taken occasionally, a cold wet bandage enveloping his head during the process. He also wore the covered wet bandage (*erregender umschlag*) round his waist, frequently changed, and drank much water.

The greater number of cases, however, which Priessnitz has to contend with are what are termed chronic, and here the first and great object is to produce action. By the hydropathic treatment nature is invited to put forth her own strength in the re-establishment of her normal functions, by casting out all extraneous matter, through boils, or other eruptions, should the accumulation have been too great for the powers of the excreting organs; thus forming a striking contrast to the method of the medical practitioner, who, taking the initiative into his

own hands, presumes, by blister, seton, &c. &c., to dictate to nature when, where, and how she is to perform, without regard to the vitality of the body, on which he too often ignorantly practises.

The clearness, decision, and rapidity of Priessnitz's judgments are quite peculiar ; the result of a superior order of organization. To the phrenologist a few circular measurements of his head may prove of interest. Unfortunately, I was disappointed in two samples of plaister from Breslau and Vienna, and therefore failed in the hope I held of being enabled to avail myself of a permission, kindly granted me, to mould his head.

Circumference across brows,	.	.	22 inches.
Circumference across causalty,	.	.	21 $\frac{3}{4}$
Lateral arch, from root of nose to occiput,	.	.	13 $\frac{3}{4}$
Transverse arch, from ear to ear,	.	.	14
Anterior arch, from ear to ear,	.	.	12
Posterior do.	.	.	11 $\frac{1}{2}$
Anterior lobe,	.	.	7
Height from root of nose to Comparison,	.	.	3

No line divides the perceptions from the reflecting powers, marking rapidity in forming a judgment on what the perceptions take cognizance of. The middle line is well developed,—viz.: Individuality, Eventuality, and Comparison. The perceptions are large ; so also Constructiveness and Acquisitiveness ; reflecting organs full. Of the sentiments, Firmness, Benevolence, and Hope are large ; Conscientiousness is full,

but Veneration is only moderate. Self-esteem and Love of Approbation are large, Concentration full, the Domestic group moderate, Secretiveness very large, Destructiveness large, Combativeness and Caution moderate. The eyes are small, and are in constant motion ; the lips are frequently compressed ; they are thin, and much marked ; the temperament highly nervous.

The rapidity of his glance is eharacteristic ; now serutinizing with intensity the countenance of his patient, now abstractedly turning away with almost indifference ; but, before the observer can quite determine the nature of the expression, his eyes once more rest upon their object, to be again as rapidly withdrawn.

The contrast between the general calmness, not to say dignity, of his manner, and the compression of his lips, with the constant motion of his eyes, is so great, that, were it not for the beam of benevolence which plays upon his countenance, his address would be anything but agreeable.

Perhaps no individual has ever exhibited so accurate a knowledge of the amount of vitality existing in the human frame as V. Priessnitz.

I was informed that two individuals presented themselves at Gräfenberg, solicitous of placing themselves under the cure, some time since. To the friends of one he said, "Why bring this gentleman here ? He cannot live six months." To those of the

other he said, "He will not live a week." The former lived five months, the latter scarcely a week. But the delicacy of his observation may be daily recognized at Gräfenberg, in the directions which he gives in the application of certain parts of his cure. Thus, an individual who had nearly lost the use of his legs, so that he sometimes fell backwards, sometimes forwards, with frequent cramp, stomach and bowels deranged, and subject to asthma, becoming impatient with the simple application of a tepid bath, and a subsequent rubbing with a cold wet sheet in the morning for three minutes; at noon, another rubbing with the sheet, and in the afternoon a tepid bath and rubbing, as in the morning, which had been continued for four weeks, without any apparent result, requested Priessnitz to permit him to douche. His request was refused. He took the law into his own hands, submitted himself, yet unprepared, to the douche: fever was the result, and, as a consequence, his cure was retarded many weeks. He subsequently followed strictly Priessnitz's direction, and, after having thrown out a series of boils, to the number of twenty-five, from his ankles and soles of his feet, he returned home in eleven months, and about a fortnight after my arrival, perfectly cured; though all the medical men whom he had previously consulted declared "that Gräfenberg would be his grave." He was induced to make the trial, in consequence of the prediction of a mesmerized somnambulist in Vienna,

who, he assured me, without having had any previous knowledge of him, not only declared the nature of his disease, but also the character of the remedy to be applied, and the amount of suffering he would have to endure,—all of which came strictly to pass. A second example, which came under my own knowledge, is that of a gentleman who, having been directed to use the douche for seven minutes, much to his benefit, conceived he could improve upon the instructions received, and adopted eight minutes as the limit. After three days, his strength was so much impaired, that he was unable to proceed with this effective instrument of cure for a fortnight. A third, again, under treatment for gout and erysipelas, so long as he continued to follow Priessnitz's directions, was advancing rapidly in the cure; but, thinking to expedite matters, he chose to sweat two hours in place of half an hour. The result was, prostration of strength and fever, from which he was many weeks in recovering.

A fourth, who had already perfected his cure, and was about to return home, chose to indulge in the cold bath for thirteen minutes; when he came out his sight was gone, and for its recovery he has had to go through another long and tedious process.

A fifth, who had (as I was informed) made considerable progress towards a cure, and who had been directed not on any account to use the cold bath; believing that he could trust to his own judgment in

the matter, had the temerity to transgress the directions of Priessnitz, and, melancholy to relate, paid the penalty with his life.

Few circumstances more surprised me at Gräfenberg than the manner in which the patients asked for, and received, opinions from one another as to the doing, or neglecting, or altering the character of their treatment. This want of consideration (to say the least of it) for themselves, as well as for Priessnitz, may have induced some of the English medical visitors not only to propound their undigested views of the Gräfenberg hydropathic practice, but so far to forget themselves as actually to prescribe, in a manner the most unjustifiable, their proscribed and pernicious drugs, under the very roof of him who had already, by his acts, so eloquently denounced their principles; infringing a written law of the establishment, and, more than all, violating those primary laws of courtesy, delicacy, and honour, by which they have been at all times so solicitous that their own order should be protected and upheld at home.

One of these gentlemen pretended that he did not belong to the medical profession at all! Another directly denied his title to M.D. when addressed as such; and others, again, sought to shake the confidence of patients by putting forward some, if not profound, yet, no doubt, highly scientific, reasons why the cold water treatment must be inapplicable to their case; and how iodine, or prussic acid, would effect in

a few weeks that which the *Peasant* Priessnitz could not accomplish in as many years; pressing their opinions, and their wretched medicaments on those who had already, in despair, fled from the withering influence of the schools, to seek a new existence at the great fountain of Nature, and to receive, if faithful, the highest of all earthly blessings at the hands of her officiating high priest. So pertinacious did one of these gentlemen become, that Priessnitz was compelled not only to have that portion of his rules pointed out to the party, which he believed was only necessary as protection against the importunities of the medical men of his own country, but translated into English, and handed to him. It ran thus :

“ Physicians who come to Gräfenberg are requested not to give any advice or directions whatever to the patients ; and, if they cannot abstain from doing so, they will oblige me by quitting my establishment immediately.—V. PRIESSNITZ.”

Indeed, the conduct of *some* of these gentlemen (for there were honourable exceptions) deserves everywhere, what it has not failed to obtain at Gräfenberg, the most unqualified condemnation. Were I to relate one half of the accounts which I received not only from the English, but from many of other nations, of the sayings and doings of *some* of these gentlemen, I should scarcely be believed. Their presumption became the subject of ridicule, and sometimes of contempt. Speaking of the sweating process, one of

these accomplished disciples of Hippocrates declared that the cold bath might be taken after sweating produced by exercise, with quite as much efficacy as from the blankets, and that he had himself made the experiment. Priessnitz's opinion was asked, and the fact stated. "Very bad — very bad!" exclaimed Priessnitz, "it may be done once, but not the third time." The same learned gentleman suggested that it would be a decided improvement, in cases of great delicacy, particularly with females, to administer the wet sheet *tepid*!!

When I arrived at Gräfenberg the last of these worthies had just departed, to the relief of all who valued the integrity of a profession which they had once learned to respect. One opinion I found to prevail, *viz.* that most of the medical inquirers returned home as they came, blinded by the dogmas of their schools, and unable to recognise the great principles by which Vincent Priessnitz's practice is directed.

To return: the mode in which water is applied as a curative agent may be seen,

1. In the wet hand-rubbing; 2. Wet sheet (*leintuch*); 3. Dripping-sheet (*abreibung*); 4. Tepid bath (*abgeschrecht*); 5. Cold bath (*wanna*); 6. Hip bath (*sitz*); 7. Foot bath (*fusz*); 8. Head bath (*kopf*); 9. Stimulating wet bandage (*erregender umschlag*); 10. The less stimulating wet bandage (*weniger erregender umschlag*); 11. The soothing wet bandage

(*kühlender umschlag*); and 12. The Douche. To these is added, 13. The dry blankets, or sweating process.

To produce action where it has been enfeebled, to direct it when aroused, and to subdue it when too violent, are the ends to be obtained; and the capability to determine the measure in which any one, or all, of these several agents may be applied, is the great requisite in him who would successfully administer the cure, together with a perfect confidence in the unaided efficacy of water, to attain the ends proposed. Not that I would be understood to assert that all diseases can be eradicated from the human system by the hydropathic treatment. I have seen some cases where it has entirely failed, *but, so had medicine*; and, notwithstanding the self-confident assertion of an allo-hydropathic writer, Dr. Thomas Graham, whose work was placed in my hands while at Gräfenberg, "that there are not a few diseases (not named) in which the skilful physician will be far more successful by the use of medicine, and his ordinary means of appliance, than the most perfect hydropath," I find ample reason for believing that the very reverse of the proposition is true.

It has never been denied that a knowledge of medicine enables men to drive away specific diseases; or that great steps have been made towards a knowledge of the *effects* of diseases; still, we have good authority for stating that "Since the times of Hip-

pocrates (B.C. 150) and Aesclepiades (B.C. 50) it can hardly be said to have advanced a single step towards the more perfect knowledge of their *true causes*." When these are better understood we may find that, too often, a disease asserted, nay, believed, to have been cured by drugs, is in reality only induced to assume a different shape, and, at no very distant period of time, to re-appear, under some other very scientific name, and again to exercise the skill of the deluded and deluding allopath. The histories confided to me by some of the patients at Gräfenberg exhibit the fact in a striking manner. It may be that of this Doctor Graham is still ignorant, never having, I believe, himself visited Gräfenberg; nor does he know, perhaps, that the best guarantee which Priessnitz can obtain of the speedy and permanent restoration of his patients, is the re-appearance of an original disease. It is interesting to observe, (notwithstanding the assertion made by Doctor Graham, that "there are not a few diseases in which the skilful physician will be far more successful by the use of medicine than the most perfect hydropath;") that, in the cure of all the diseases mentioned in his essay, the hydropathic treatment forms the efficient part. In speaking of cough and consumption, he makes the admission (p. 19), "that the basis, if we can honour it with such a designation, on which the ordinary practice (of medicine) rests, in consumption, and consumptive tendency, is wholly unsound."

Again (p. 25), speaking of nervous affections, he says, "the routine system, *i. e.* the allopathic, we deprecate here ; instead of strengthening and directing those actions (of the nerves) it directly depresses them, rendering their controul impracticable ; and therefore hurries on the evil which the abettors of it say they desire to avoid." And again (p. 29), "The fact is, as professional men we have laboured too exclusively to correct disordered secretions and excretions by medicines given internally ;" and "It is a principle in the science of physic that the nerves are much out of the reach of the operation of physic."

Asthma.—"The triumphs of hydropathy in the cure of asthma have been very conspicuous. This malady is far more easily and certainly cured than the *profession*, or the public, have any idea of."

Indigestion, p. 48.—"The medical mode of treating this complaint by purgatives, or mercurials, or tonics, is certain to do a great deal of injury."

Tumours and ulcerations.—"When hard and indolent,"—the hydropath stands on the same footing as the physician and surgeon ; but if in an active state, and associated with impaired health, then has hydropathy the advantage.

"Glandular swellings, and ulcerations of a scrofulous character, are treated with much success by the skilful use of the cold water system."

General Debility, p. 70.—"The hydiatic system carries with it a strong recommendation, on account

of its adaptation to relieve the weakness *even of organic disease* ; for that must be valuable which is capable of relieving a state which is too commonly only aggravated by tonic medicines."

Constipation, p. 82.—"The cold water system merits great praise ; for it is, in a very eminent manner, adapted to conquer a constipated habit ; and I have known it perfectly succeed in many cases of twenty, thirty, and even forty years' standing." — P. 80. "Aperients cause a temporary relief by unloading the bowels, and inducing secretion from the internal mucous surfaces, whereby a deceitful calm is temporarily induced, sooner or later to be followed by a terrific storm." — "Even in medical practice, the course ordinarily pursued in this very frequent complaint is extremely injudicious, and, to say the very least, wholly ineffectual."

Headache, p. 87.—After detailing the usual hydropathic treatment, he adds, "I shall be very much mistaken if the benefit he (the patient) derives is not very great."

Liver Complaint.—"I know it as a certain matter of fact, that a recourse, even to a very moderate use of the hydropathic treatment, will afford them (patients) benefit, both more speedy and more satisfactory than any medicines of this class." (Mercurial usually employed.)

Gout, p. 95.—"The profession in this country are evidently afraid of the *hydropathic* treatment of gout,

(at least of *acute* gout,) from believing that this relief to the constitution is not therein sufficiently attended to ; and that the hydrophalist, by the use of cold water, runs a risk of driving the gout from the extremities to the stomach, or some other vital part. This, however, is only one among the many mistakes which the profession fall into with respect to hydrotherapæia."

Rheumatism, p. 109.—"In gout and rheumatism the cold water system is generally acknowledged to be very efficacious."—"This is certain ; but I am not of opinion that it is more efficacious in these complaints than in improving *consumptive habits*, in *indigestion*, *nervousness*, *asthma*."

Spinal Complaints.—After speaking of the absurdity of the *profession* confining unfortunate patients to the "prone or supine couch for months, or even years, as a thing absolutely necessary for their cure, when it is no more necessary than to cure a man of the gout," and "that in the worst cases," where "both the upper and lower extremities are much deformed, the body drawn awry, the muscles wasted, the sufferer bed-ridden, and wholly deprived of hope of ever being able to rise from the bed again,—it is not an exaggerated praise to assert, that in such instances of weakness and deformity the hydropathic treatment will work marvellous changes for the better, and is worthy of every confidence that can be placed in it."

Nervous Diseases, p. 129.—“The effects developed by the free use of cold water in nervous affections have proved most clearly that its efficacy is here very great, and that the profession have too long overlooked its value.”

Fever, p. 133.—“In the treatment of fever, of whatever kind, the wet sheet, and cold or tepid ablutions, are of the first moment.”

Here we have no less than thirteen prevailing forms of disease set forth as capable of relief, if not of cure, by the simple hydropathic treatment, because Dr. Graham may have been so fortunate (through the knowledge and instrumentality of Mr. Weiss, whose name, by the way, is only casually introduced) to witness its beneficial effects within a short time; still it is plain that he can trust hydropathy only as far as he can see its effects,—no farther. Never having himself witnessed the operations of the great master, he has obviously but an imperfect idea of what is really accomplished by it, and therefore would naturally fly to medicine in cases where his limited experience cannot guide him; and yet this gentleman will presume, *ex cathedrâ*, to warn the public against the smatterers in knowledge. “*Imitatores servum pecus!*” (Ye imitators, a servile herd!) will speak of Vincent Priessnitz as “the illiterate peasant,” one who “stumbled on the blanket, or wet sheet,” and one who cures, but “without knowing anything whatever of the nature of the dis-

order, in the cure of which he has gained so much credit."

Surely, Dr. Graham, this is, to say the least, ungenerous,—I am bound to add, untrue; for I have had ample opportunity of personally observing the practice of that remarkable man, and have uniformly found it directed by truly sound physiological principles. You admit the advantages which society has derived from the introduction of hydriatics, and yet, throughout your whole essay, you offer not a syllable of acknowledgment, to the very individual through whose intuitive sagacity you are put in possession of an instrument that has permitted you not only to put forth another large advertisement to the world, but which has enabled you to become the master of a large establishment, through the medium of which you, no doubt, look forward to complete your professional career. *Cæcus iter monstrare vult.* (A blind man desires to show the road.)

The injury inflicted on the human constitution by the administration of drugs is still scarcely comprehended, the tenacity with which they cling to the system scarcely to be believed. The following facts may tend to throw some light on this obscure subject:—

A gentleman, who had undergone the water treatment at Gräfenberg for five months, for various ailments, and who had, as he believed, completed his cure, became, in a few weeks after having left the

place, perfectly salivated for fourteen days, by mercury, *which he had taken two years before.*

Another gentleman informed me that, soon after he had commenced the treatment, he found a red deposit on his umschlag (or body bandage), accompanied by a strong metallic taste in his mouth ; this was followed by a deposit of a dark brown colour. He had swallowed much mineral medicine about *two years before*, and, subsequently, a large quantity of vegetable medicines. The odour also from his perspiration was fetid, similar to that produced by mercury. Another, after three months' treatment, suffered from sore mouth, pains in his teeth, and fetid breath, which continued *four months*, precisely similar in every respect to the effect produced by mercury *taken seven years before!* This soreness of the mouth again returned after ten months' treatment, though in a less degree ; and various crisis boils, that from time to time appeared, invariably gave out the fetid odour so peculiar to mercurial action.

Another remarkable case was stated to me by eye-witnesses : a gentleman nearly sixty years old, who had twelve years before entering on the water cure, severely sprained his knee-joint, for which two ointments had been rubbed in ; the one blue, the other pink. The functions of the knee were pretty well restored. After five months water-treatment the pain in his limb returned with considerable violence ; to alleviate his sufferings, umschlag, or cover-



Specimens of bandages applied to Crises.

ed wet bandages, were applied, when, behold ! they (the bandages) quickly became impregnated, first with the blue, then with the pink deposit, after which the pain left him, never to return. Pink deposits I have seen on the linen, and even on the entire of the leintuch, or wet sheet, of more than one individual. The drawings here given are taken from portions of linen which had been applied to crisis, and will enable my readers to understand the character of these exudations. I possess seven samples of linen which had been applied to crisis, impregnated with deposits of black, black and yellow, light yellow, and bright sulphur yellow. The black was preceded by a blue, which was, unfortunately, thrown away. The blue and black are declared by Priessnitz to proceed from mercury ; the yellow from sulphur. In the drawing the yellow has a greenish tinge, which does not belong to the original. The gentleman from whom I obtained them assured me that the mercury had been taken about twenty-eight years before, and the sulphur, at two different periods of ten and twenty years respectively ; and, he added, " Since I took the mercury I have never enjoyed health."

One important inference naturally suggests itself from a contemplation of these facts, *viz.* that there exists a wide difference between the disappearance of a specific disease, and the restoration to perfect health. Who will, then, be so bold, after having witnessed such tangible proofs of the monopolizing

power of drugs, still to advocate their use, in contradistinction to the purifying, invigorating and elevating medicament of Nature? Who that has beheld humanity groaning under the accumulated load of disease which generations of drug-absorbing forefathers have heaped upon them, but must hereafter shrink with impulsive horror from the deadly prescriptions of the schools.

The retention of nitrate of silver in the tissue of the skin might have suggested the probability of other drugs being also retained in other tissues, and might have farther suggested to the allopathist that many of those complicated diseases, for the alleviation of which interminable experiments are attempted, might be traced to nervous irritation, arising from the presence of some of those numberless legalized poisons which the system has been unable to cast out, and which continue to harass their victim to the last moments of existence.

Truly, there is a moral history yet to be written, which would afford ample employment to the most philosophical philanthropist, *The Moral History of Drugs*. The history of insanity furnishes complete testimony of the sufficiency of slight-disturbing causes to produce the most direful effects on the human mind when already predisposed by the condition of the parents. "Whatever," says Dr. W. A. F. Browne, superintendent of the Chrichton Institution for the Insane, "tends to exalt, or depress, or disturb

the functions of the nervous system in the parent tends to create a predisposition to mental imperfection, or irregularity, or vitiation in the child. Even momentary affections of the parent, if intense and sudden, engender disease in the descendants.

“When the state of the brain is unhealthy, from temporary causes, such as intense application, the effect of fevers, or derangement of the greater viscera, a proneness to mental disease is communicated to the children born at that period; and, from the same cause it happens, that a greater tendency to disease exists in the children born after the parents have laboured under insanity, than in those born previously to the attack. This is a well-ascertained fact, and shews that, even when reason is restored, the natural tone and vigour of the brain may be only partially recovered. That the effects of drunkenness are highly inimical to a permanent healthy state of the brain is often proved at a great distance of time from the course of intemperance, and long after the adoption of regular habits.” Dr. Browne further adds, “Some time since I was called upon to treat a remarkably fine boy, about sixteen years old, among whose relations no case of derangement could be pointed out, and for whose sudden malady no cause could be assigned, except puberty, and a *single glass of spirits*. His father, however, had been a confirmed drunkard.”*

* Phrenological Journal, vol. xiv.

If merely drinking can produce such awful results, what shall we say of the effects of the continued introduction of enervating medicines, which cannot assimilate with the system? I do not speak of those long courses only to which a patient is called upon to submit for some specific disease, and which must therefore tend to keep up a constant irritation on the delicate extremities of the nerves, but of the weekly repetition of what are looked upon as innocent medicaments.

A Gräfenberg friend, whose case is one of considerable interest, having been cured of a serious chest-affection, with spitting of blood, described to me the discipline of his youth. Every Saturday night his parents administered a dose of aperient medicine whether he required it or not. As he grew up, it became matter of necessity not only once, but twice, three times a week, and, at length, every night; and for five years before he came to Gräfenberg a lavement was required every morning. Various mineral waters had been tried without effect; life became a burthen. The wet sheet, cold bath, and sitz-bath continued daily for ten months, were necessary to restore the functions of his abused organs.

Another, who at the age of twelve had had typhus fever and thrush to a great extent, and who was—*secundum artem*—compelled to swallow vast quantities of medicine, which so weakened his digestive organs, that at school, aloes, varied occasionally by

rhubarb, were taken every day. For twenty years medicine of various kinds had been daily administered, and, for five years before he came to Gräfenberg, twice a day. His head became seriously affected, and he was rendered totally incapable of mental application. When he first heard of the water cure—through the instrumentality of Captain Claridge's valuable work, for which the public will every year feel more grateful—and before he determined to visit Gräfenberg, he resolved to abandon drugs; but, in order to relieve his bowels, the lavement had to be resorted to daily; two or three pints of water only produced an imperfect action, and, to obtain full relief, *five to six* pints were found necessary. Very soon after he had been placed under the Gräfenberg treatment, however, even the lavement became unnecessary. That treatment was as follows:—Morning, wet sheet (*leintuch*), followed by cold bath (*wanna*). Noon, sitz-bath, and dripping-sheet rubbing (*abreibung*). Afternoon, ditto.

In a short time he had an attack of piles, by no means unusual where the stomach and bowels have been long diseased. In six weeks there appeared a considerable eruption round his body, which discharged a dark-coloured matter. A fresh umschlag, or covered wet bandage, was required every day, in place of once a week. His general strength, and mental condition, gradually improved.

He now took the douche at noon, in place of the

sitz-bath ; and the leintueh, followed by cold-bath, in the afternoon. The eruptions continued to give out the coloured matter for *ten* weeks. At the end of two months Priessnitz pointed out an enlargement of the liver, which was confirmed by two physicians subsequently. The treatment now became more active : leintueh and cold bath in the morning ; two douches in the day, from four to five minutes each, and a sitz-bath at night. This proved, however, too stimulating, and slight fever was the consequence, from which he soon recovered, and for the douches substituted sitz-baths of an hour each ; eruptions again appeared ; the douche was resumed ; and I left him, at the end of July, with his skin much improved, and, according to Priessnitz, within six or eight weeks of his cure. The drugs were being gradually removed from his system ; the digestive organs were restored to full health and vigour, and the cerebral functions were acquiring strength.

How many a wan and anxious countenance may be seen in the highest positions in society, the indices of spirits bowed down with pain and sorrow, which are unable to behold in the universe aught but their own griefs, — who become alarmed by every wind that blows, — whom a trifle exalts or depresses, — whose hearts palpitate though no affection be aroused, — who are haunted by visionary fears, in despite of the dictates of reason, — upon whose morbid sentiments anxiety for the present, regret for the past,

apprehension for the future, crowd with overwhelming pertinacity, casting a thick veil over the mirror of the mind, from which the Creator's smile was wont to be reflected, and without which all is sunless, silent, and dark. So true is it that forms and colours pass by unnoticed, when the sentiments created by our own hearts, and sustained by our own moral natures, have lost their healthful vitality. Inquire whence arises this hopeless condition, and you will find, as I have in many instances done, that however some portion might be attributable to the individual's own early indiscretions, and to remedy which, drugs had been early sought, a far larger amount was due to predisposing causes. If it be true that the drunkard entails mental disease upon *his* family, surely the victim of mercury, and other drugs, which it is now proved beyond question are retained in the constitution for years, must propagate, in a no less hurtful manner, an excited and wayward condition of being to an unoffending offspring.

It is for men to ponder these things, — to satisfy themselves of their truth, — and then they will be more willing than they have yet been to prepare their children for the temptations to which their passions subject them at their introduction to life, — passions so often precociously developed in those hot-beds of vice, public schools.

Alas ! the endowment of immortal power
Is match'd unequally with custom, time,

And domineering faculties of sense
 In *all*; in most with superadded foes;
 Idle temptations, open vanities,
 Ephemeral offspring of the unblushing world.

WORDSWORTH.

Let parents show their offspring that “whatever tends to exalt, or depress, or disturb the functions of the nervous system in the parent tends to create a predisposition to mental imperfections, or irregularity, or vitiation in the child;” and let them remember, before they visit *their* child with the heavy penalty of their displeasure for having fallen before the power of vanity or vice, how much is attributable to *predisposing causes*, how much to the reflection of their own anterior state. Again, what does the term *scrofula* convey to the educated mind? Parents who may pride themselves on being descended from families in which the recognized characteristics of this disease had never been observed, flatter themselves that they have accomplished a great end, when they have prevented their children from forming alliances with any family in which it has ever been known to appear, but who, in ignorance of the fact “that the scrofulous, as well as any other diathesis, *may be acquired*,” think little of the habits which may conduce to its formation in early life,

“Certain modes of life,” says Dr. G. Gregory, “contribute in no small degree to the development of scrofula,—confined habitations, want of cleanli-

ness, sedentary occupations, *irregular habits*, but, above all, deficient or unwholesome diet. They concur in reducing the tone of the system below that healthy standard, which is the surest preservative, not only against the attacks of scrofula, but of every other disorder. The extensive influence of debilitating causes, lastly, is demonstrated by the prevalence of scrofulous affections, subsequent to small-pox, measles, hooping cough, *and other diseases*, which must unequivocally impair the energies of the constitution."*

But the reappearance of original diseases, under the water treatment, is not less extraordinary than is the expulsion of the hateful drugs.

Two cases came under my own observation of pain having been removed, the consequence of blows received years before, by the production of crisis boils, followed by short recurrence of pain, similar to the original injury, and then all vanished.

One gentleman who was at Gräfenberg during my sojourn had, to his astonishment and horror, a most perfect return of a certain disease, of which he was supposed to have been cured *eight years before*. It lasted a week, and then vanished,—Priessnitz declares, for ever, — carrying with it the ailments for the removal of which he had sought the advice of Priessnitz.

* Elements of the Theory and Practice of Physic, by George Gregory, M.D.

Other cases, quite as extraordinary, have been related to me.

Most of our medical writers have attempted to lay it down as a demonstrated proposition, that none but a regularly bred medical practitioner should be intrusted with the cold water treatment, forgetting, in their newly-awakened zeal, that they themselves stand indebted for all the knowledge they possess of its therapeutic agency, not only to a non-medical man, but to one whom they delight to designate *the peasant*,—one who, according to some of them, knows not on which side the liver is posited. When we call to mind the opposite views taken by some of the most celebrated names in medicine of the operation of many of the poisonous drugs on the human frame, most commonly in use, our astonishment is great at the egotism which denies to all but the initiated any part in the great and blessed physical revolution of the nineteenth century. So true it is that

All things are weigh'd in *custom's falsest scale*,
 Opinion, an omnipotence, whose veil
 Mantles the earth with darkness, until right
 And wrong are accidents, and men grow pale
 Lest their own judgments should become too bright,
 And their free thoughts be crimes, and earth have too much light.

BYRON.

“Several physicians, as Dr. John Murray and Dr. Anthony Todd Thomson, consider opium to be primarily *stimulant*; some, Drs. Cullen and Barbier,

regard it as *sedative* ; one, viz. Dr. Mayer, as *both* ;" another, viz. Orfila, regards it as *neither* ; while others, as Müller, call it *alterative* ; so, mercury is by several writers, as Drs. Cullen, Young, Chapman, and Eberle, placed in the class sialogogues (*σιαλον*, saliva, and *αγω*, to expel) ; by many, as Drs. A. T. Thomson, Edwards, Vavaseuer, Trousseau, and Pidoux, among excitants ; by some, as Conradi Birtele, and Horn, it is considered to be sedative ; by one, Dr. Wilson Philip, to be stimulant in small doses, and sedative in large ones ; by some (Dr. John Murray) it is placed among tonics ; by another, viz. Vogt, among the *resolventia alterentia* ; by one, viz. Sandelin, among the liquifacients ; by the followers of Broussais, as Begin, among revulsives ; by the Italians, as Giacomini, among contra stimulants, or hyposthenics ; by others, as Barbier, among the *incertæ sedis*.* And I would add the opinion of Dr. Billing, "that mercury is neither stimulant nor sedative, but tonic." This is indeed "to carry the light into one corner" to "darken the rest." The *modus operandi* of arsenic, prussic acid, iodine, strychnine, &c. &c., which are now also daily administered, are very much matter of conjecture, and continued experiment on each individual constitution. While I grant that a general knowledge of physiology, anatomy, pathology, and chemistry may be useful, I cannot but express a well-grounded fear, that when a man

* Elements of Materia Medica, by Dr. Pereira.

has once had his mind imbued with the doctrines of the schools, and is determined to look upon hydropathy only as an *auxiliary* to medicine, he is rendered unfit for the faithful administration of the pure hydropathic treatment. When cases of great emergency arise, the temptation to abandon the new for the old love will be too strong; that which has been found to afford temporary relief in ordinary practice will be resorted to, and the good work will be marred by a vain attempt to combine elements which, we have already seen, are too often incapable of amalgamation. Away, then, with this plausible, but pernicious doctrine. When failures occur in the hands of these parti-coloured disciples, as they already have occurred, on which system of cure will the blame rest? Why, on the hydropathic, which will be thus made another scape-goat for the errors of the faithless. Will they venture, when the heart is oppressed, and frequent faintings occur, and when the bowels have been for many days unable to perform their functions, and where medical treatment had been in vain resorted to,—will they venture to prescribe, as Priessnitz has done, *with effect*, nineteen abreibungs, or rubbings, with the dripping sheet in the course of twelve hours?—or, when a crisis arrives six inches in diameter, with thirty-two heads in it, and fever rages, will they yet be faithful to the principles of hydropathy, and continue for seven days and nights the application of the

wet sheet every twenty minutes, until its end be accomplished, and the patient be permitted to walk abroad in undiminished strength, as Priessnitz has done?—or, when nervous fever threatens to cut short the measure of existence, will they dare to continue the patient in a tepid bath, twice in the day, for one hour and twenty minutes, while the water, to retain its uniform temperature during the process, has required an admixture of six pails full of cold, at 48° ?—will they do this, and then calmly anticipate the happy result as matter of physical certainty, as Priessnitz has, to my knowledge, done? No, no. Let not the people of Great Britain be blinded by the admission, “that indeed hydropathy is a valuable *aid* to medicine.” An intimate knowledge of the temporizing power of drugs is fatal to the allo-hydropathist’s faith. “Ye can no more in physic, than in morals, follow two masters.” In these observations I cannot, of course, be understood to allude to men like Dr. E. Johnson, who, after a medical practice of more than twenty years, so honourably expresses his conviction, that he can now “*cure a greater number of diseases, and in a shorter time, by the hydropathic treatment, than ‘he’ can by the exhibition of drugs; and that there are many diseases which ‘he’ can thus cure, which are wholly incurable by any other known means;*” and who, throwing aside to a great extent the prejudices of his order, is determined to apply the true hydropathic treatment to “chronic gout, chronic

rheumatism, nervous diseases, indigestion, scrofula, painful affections of the nerves, general debility, and local diseases depending upon it, leucorrhœa (*fluor albus*), skin diseases, and multitudes of anomalous affections, to which medical nomenclature can give no particular denomination, — in a word, all depraved conditions of the general health, all functional derangements, all deficiencies of action in any one of the vital organs, for which no specific can be assigned.”*

Neither the knowledge of physiology, anatomy, pathology, nor chemistry, will ever give to the hydropathist the one thing needful, *viz.* an intuitive perception of the amount of *vital force* still remaining to the individual. Upon that perception he regulates the treatment; upon that he grounds his hope of resuscitation.

Again I say to parents and guardians, teach your children a knowledge of their own bodies, and the functions of the different organs; and then, and not till then, may you hope to see a race of trustworthy hydropathists. But, so long as the great master lives, let all those who can afford to absent themselves from their country, make their way to Gräfenberg; I do not say, who can afford the *money*, for it is cheaper than many establishments yet formed in England. In the appendix will be found the details of the cost. I will not attempt to deny that there

* The Theory, Principles, and Practice of the Water Cure, by Edward Johnson, M.D.



From a Drawing by F. Heamish Esq

GRÄFENBERG FROM THE ROAD TO FREIWALDAU

G. Rowe Lith. Chelt-

are many discomforts to be borne, many nuisances to be tolerated at Gräfenberg; nor can I withhold the opinion that the cure is too often unnecessarily and painfully prolonged, in consequence of improper diet; I am happy, however, in being able to say, that a very decided improvement has been lately effected in the dinner prepared for the English. The meat, though still deprived of the greater part of its nutritive qualities, is freed from the grease with which it used to be loaded, and which was so productive of heartburn and acid eructations; good rice, and semolina puddings have taken the place of bad butter and pastry. Still, in despite of these things, I do not hesitate to express my opinion, that Gräfenberg, with its pure air and water, its noble woods, and diversified country, and, above all, its triumphant genius, Vincent Priessnitz, should command the first attention of the invalid. The sketches here introduced convey but an imperfect idea of the locality. I said, that to produce action when it has been enfeebled, to direct it when aroused, and to subdue it when too violent, are the ends proposed to be obtained; in point of fact, the views which have been so ably discussed by Dr. Billing in his "First Principles of Medicine," have been those by which the *peasant* of Silesia has directed his practice,—whether he ever heard, or not, of the term "capillary,"—"all the business of constant support," and "renewal of parts," and supply of secretions, as the growth or repair of

bone, muscle, membrane, and other structures, the formation of bile, saliva, mucous, and other secretions, is carried on by the extreme minute branches of the blood-vessels; and, whilst these preserve their proper size and tone all goes on well; when their action is deranged, disease commences, often prefaced by pain, or other disorders of the nerves. To strengthen those minute ramifications of the arteries by the constricting and stimulating properties of cold water and friction, and to unload them by sweating, if incapable of relieving themselves, or of being relieved by the absorbents, are the primary ends of the hydropathic treatment of Vincent Priessnitz. To illustrate the use of the several appliances, I will take a case of general debility, so common to allopathic victims. The wet sheet, or leintuch, as a calmer of the nerves, and a gentle stimulant to the circulation, is applied at a very early hour in the morning, some commencing at four o'clock. The top-bedding being removed, a very thick blanket is spread on the mattress, and on that a sheet, which has been very well wrung out in cold water. This is performed quite as quickly as the patient can disengage himself from his umschlag, or covered bandage, and night-linen. He then lies down at full length on the middle of the bed, the sheet is quickly brought over him (leaving the head free, and sometimes the feet, where the circulation is feeble), followed by the blanket, which is very tightly drawn. This packing requires some



From a Drawing by R. Tietzsch's Ass

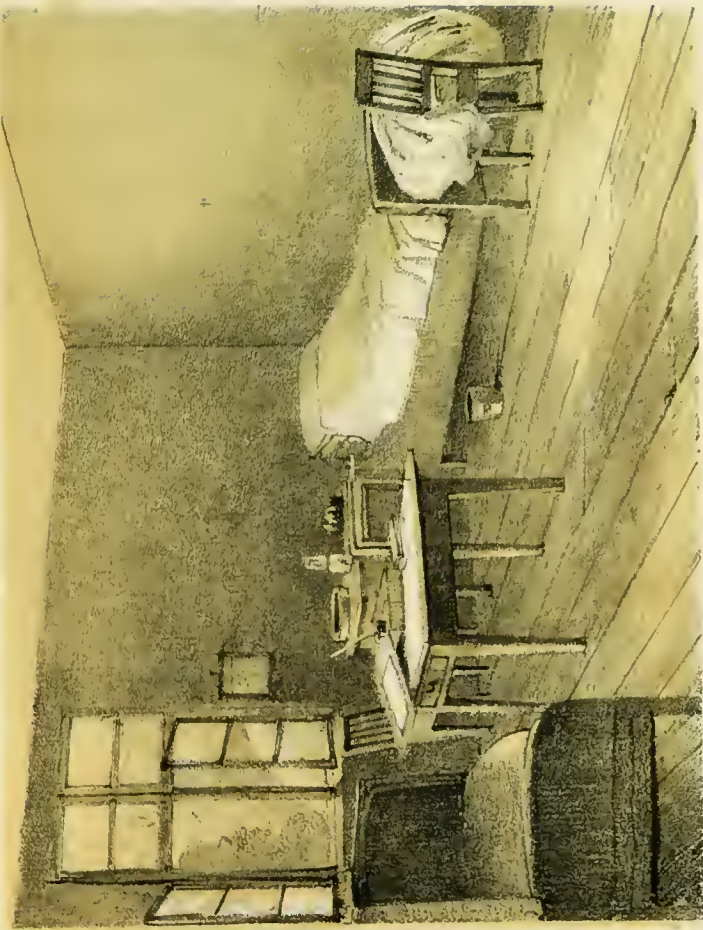
GRÄFENBERG FROM THE WALK TO FERDINAND PUELLE

G. Rowe Lith. Const.

skill to accomplish effectively ; a turn being taken at each shoulder in the manner of a surgeon's bandage, so that it shall lie flat and close across the chest. All being made tight, particularly at the neck and feet, the German winter eider-down covering is put on, and well tucked in, and over that the summer-covering ; the head is agreeably raised ; and in this the patient lies from twenty minutes to an hour, as the case may require, or until the circulation is perfect throughout the body, and a glow of heat is felt ; the assistant then brings a cold dripping sheet, or "abreibung," unpacks the patient, and quickly unfolds the sheet as the patient rises ; the face, head, and neck, are first well wetted with a corner of the sheet, then, the sheet being let fall over the patient's shoulders, the assistant commences a very active rubbing down the back and legs, the patient being employed in a similar manner on the chest and stomach, &c. ; when the body is thus well rubbed for two or three minutes, or until red, a dry sheet is thrown over the patient, in which he is again well rubbed ; he then sits down on one chair, enveloped in the dry sheet, places his legs one after another on a second, that they may be submitted to a similar process. In many cases, those of asthma, for example, the patient should abstain from any exertion on his part ; but remain perfectly passive in the hands of the assistants. After this, the patient dresses quickly, and sets out on his walk, drinking at the

various springs which present themselves within short distances. The quantity of water taken must depend upon the condition of the stomach to absorb it; no coldness should be long felt, but slight eructations are indicative of favourable action.

Priessnitz leaves too much to the discretion of his patients in this matter, and also in the amount of exercise to be taken. Many I found extending their walks before breakfast to six and eight miles, much to their injury, because they were making a demand upon the nervous energy, while still enfeebled by disease. At noon, or about eleven o'clock, an *abreibung*, or dripping-sheet rubbing, is taken, followed by a *sitz-bath* for about fifteen minutes. As a tonic and stimulant to the capillaries, and the extremities of the nerves, the dripping-sheet (*abreibung*) is of incalculable benefit. A gentleman, under treatment while I was at Gräfenberg for confirmed dyspepsia, with frequent attacks of palpitation, and fluttering of the heart, and fainting, with the extremities always cold, and who had sought the aid of medicine for years without effect, derived from the *abreibung* the most marked relief. When an attack was apprehended, I have known him to have nineteen of them in one day, going into bed after each until warm. I have also used it in similar cases with immense advantage, when the wet sheet (*leintuch*) was incapable of producing warmth; administered thus: two in the morning, two at noon, two in the afternoon, and one



From a Drawing by R. Beemish Esq.

BED-ROOM AT GRÄFENBERG, 16 x 12

G. Koneczek "Holt"

at night ; the patient getting into bed after the first, and sometimes after the second, of each, until quite warm. I have also known it applied by Priessnitz in cases of diarrhœa, at intervals of every ten minutes ; the patient, during the intervals, being made to walk about, closely wrapped in a blanket. Eight and nine have thus been taken, to the entire relief of the sufferer.

The sitz-bath is of inestimable value as a counter-determinant, for affections of the chest, head, and upper parts of the body. The time which it is used is sometimes prolonged to an hour, where the bowels are sluggish, or where the brain is in unusual action ; and is aided much by the *foot-bath*, which acts in a similar manner, and is most valuable in cases of cold feet, when it may be employed twice a day, from six to ten minutes, with hand-rubbing.

A case came to my knowledge, where, for derangement of the urinary organs, the sitz-bath was taken in winter, when the thermometer stood only half a degree above the freezing-point of Reaumer for three successive hours, the water being changed every hour, which was found to be raised 8° of Reaumer, or from 33° to 50° of Fahrenheit nearly.

In the afternoon, from four to five o'clock, another *abreibung*, or dripping-sheet rubbing, is used, followed by sitz-bath ; or a *leintuch*, followed by *abreibung*. This generally terminates the course for the day.

In other cases, again, the *lientueh*, or wet sheet, is followed by the *abgeschreckt*, or tepid-bath, at about 14° of Reaumer, or about 65° of Fahrenheit, in which the patient is well rubbed for a few minutes, and sometimes he goes from thence to the cold bath, for a moment, and back to the tepid-bath, where reaction is weak ; sometimes the cold-bath only is ordered ; the variety in the treatment depending upon the constitution and condition of the patient.

As the patient gains strength, one *abreibung* and *sitz-bath* are omitted, and the *douche* is substituted ; the time which it is used varies from half a minute to eight or ten minutes, and where a great stimulant is required to induce crisis, and oblige the system to part with its latent poisons, the *douche* is used twice a day.

The *sweating process* is accomplished by closely enveloping the patient in a dry blanket, over which is placed the feather winter and summer coverings, well-tucked in all round ; this is usually done the first thing in the morning ; but, where the patient is slow to perspire, the afternoon is recommended. The time that the process is continued varies with the particular case.* This is a powerful agent for reliev-

* When moisture appears, a little water is given to the patient, the quantity being increased as the perspiration increases. Finding this to be useful with the use of the blanket, some have fallen into the *grievous error* of administering water to patients in the wet sheet.

ing the internal organs of extraneous matter, and thereby restoring the balance of the system, accomplishing all that the blister and the lancet of the schools propose to accomplish, and far surpassing either the one or the other, in that it leaves the patient actually stronger than before; it is now used far less often, and with more discrimination by Priessnitz than heretofore, and I agree with Dr. Edward Johnson that "it should be used with great caution; because, by accelerating the circulation, without, at the same time increasing the respiration, the blood, which should have been decarbonised by the absorption of oxygen from the atmosphere, through the medium of the lungs, is forced to pass on to the brain and spinal marrow, and other vital parts, to the manifest injury of those parts, whose sensibility it deadens, and whose tissues it fails to nourish or to transform."

These considerations should teach some hydro-pathic practitioners the danger of carrying on the process of sweating in rooms too strongly heated, a system which has, I understand, been adopted in some establishments as an improvement on the simple and rational mode of Priessnitz.

The quantity of oxygen in atmospheric air amounts to only twenty-one per cent. Now, as there are from fifteen to twenty respirations made in each minute, thirty or forty cubic inches of air are drawn in, and expelled at each respiration; and, as the quantity of

carbonic acid given off by the lungs in the same time is nearly equal to the volume of oxygen which disappears; the total quantity of air contaminated in one minute will be from four hundred and fifty to eight hundred cubic inches; but, as air is expanded by heat, and contracted by cold, equal volumes of hot and cold air contain unequal weights of oxygen. Indeed, from the experiments of Crawford and Lavoisier, it appears that the consumption of oxygen is less by one-twelfth in an atmosphere of the temperature of 79° than in one of 54° ; and hence the evil already pointed out is vastly increased where the quantity of oxygen is much reduced.

Of the several bandages, those most commonly applied are the *erregender umschlag*, or stimulating, and the *kühlender umschlag*, or soothing. The *erregender umschlag* is a most valuable counter-irritant and determinant, and is employed wherever it is desired to abstract bad humours, for chilblains, sore throats, &c.; but more particularly on the abdomen, where it is formed of a piece of coarse linen, *wide* enough to extend from beneath the armpits to the bottom of the abdomen, and *long* enough to pass three times round the body, one third part being well wrung out in cold water. Its effect in relieving the mucous membrane of the bowels from irritation, and, indeed, the whole of the abdominal viscera, is most remarkable. It frequently produces irruptions (*aus-schläge*) or boils round the waist. In

determined constipation of the bowels it should be changed very often, say every hour, and such exercise should be taken as is calculated to bring into action the upper part of the body, as sawing or hacking wood, rubbing tables, &c. In the application of this remedy I find there have been also proposed improvements.

In place of applying the wet bandage all round the body, it is limited to a small piece on the abdomen; and, to save the trouble of frequent changing, a piece of oiled silk is used, to prevent evaporation;—as though the efficacy depended on the mere moisture, and not on the power of cold to produce reaction, which is the real object. It is only a wonder we have not heard of *tepid* unsehlags, as well as tepid wet sheets for delicate females, in this desire for improvement; but so it is with hydropathy, as with most other discoveries, its very advocates becoming, in ignorance of its principles, the enemies most to be feared.*

This remedy is sometimes applied to the greater part of the body. The result of a highly-interesting application of it was pointed out to me, by her son,

* One advertisement of a hydropathic establishment announces that it is “Conducted on the Principles and Plan *as improved upon in England*.” I would earnestly suggest to the professional conductor that he first satisfy himself by a visit to Gräfenberg, whether the “*Principles and Plan*” of English practice be, in truth, improvements.

in a lady who left Gräfenberg about a month after my arrival, quite cured of a serious irregularity of her system, which had existed five years, ever since her last confinement. The periodical discharges were protracted sometimes to twelve days, leaving her in a deplorable state of weakness, and producing, at last, dropsical symptoms. Priessnitz's treatment was as follows:—morning, leintuch, or wet sheet, from three-quarters of an hour to an hour, followed by two abreibungen, one immediately after the other, that the temperature of the body might be quite reduced to its normal state,—a point necessary to be attended to after the sweating in blankets, or warming in leintuch. At noon, and afternoon, an abreibung, or dripping-sheet, for five minutes, and sitzbath for fifteen minutes. But when the catamenia returned, she was directed to go to bed, to apply erregendere umschlage from the breasts to below the hips, and round the calves of her legs, and to change them every half hour during the day, and as often as possible during the night. This treatment had the desired effect in stopping the discharge. In four weeks a tremendous auschlag, or crisis, appeared on her body, larger than anything Priessnitz had ever before witnessed, and, as I was informed, scarcely to be comprehended. This continued open for *four months and a half*; a large quantity of bloody matter was, at the end of that time, thrown out from the uterus; her strength rapidly returned, and her cure

was accomplished. She remained six months at Gräfenberg, to satisfy herself of the permanency of her renovated condition. Priessnitz recommends rest and tranquillity in these cases, and considers walking bad.

The *erregender umschlag* is also employed with great advantage in diarrhœa. The following case will shew its application:—

At half-past five o'clock, A.M. the patient was wrapt in a large umschlag from his armpits to his knees. When hot, or in an hour, a second was applied, after which he was rubbed down with a dripping-sheet (*abreibung*), and again umschlaged and returned to bed, where he had breakfast, which consisted of bread, and half a glass of cold water. About an hour afterwards a sitz-bath for an hour, at 15° Reaumer (66° Fahrenheit), and again umschlaged, and to bed, where he dined moderately. At four P.M. the same process was repeated as has been gone through in the morning, *viz.* *abreibung* and sitz-bath. At night the *abreibung* was again administered, and the umschlag renewed. The quantity of water drunk during the day did not exceed four glasses. This treatment was continued three days, in a modified manner, to the entire relief of the patient. Had the symptoms become urgent during the night, the *abreibung* and sitz-bath were to have been resorted to.

The *weniger erregender umschlag* is a bandage less stimulating than the *erregender*. The difference be-

tween it and the *erregender* is, that the wetted part is not wrung out so thoroughly. It is highly valuable applied to crisis boils, wounds, or deep-seated inflammation. Of this I had the most gratifying evidence in December, 1842, when, after having employed the water treatment for five months, and, as I have already stated, derived important advantages from it, a crisis appeared, in the form of diarrhœa, which on the third day produced bloody stools; that night inflammation of the bowels set in, with fainting. I then directed that these wet cloths should be applied to the abdomen, and merely covered with a dry towel and the bed-clothes. For the first hour they were required every five minutes, then every eight, ten, and fifteen minutes; pain was quickly removed; but my family having been alarmed, their medical adviser was sent for, and I was induced to take one dose of castor-oil, and some Dover's powder the following day; but the reduction of the inflammation was clearly to be attributed to the *weniger erregender umschlag*; and had I not still been within the shackles of medicine, I have not the slightest doubt but that pure hydropathy would have vindicated itself. I may add, that this crisis had the effect of removing entirely the last of my long list of ailments, hæmorrhoids, with which I had been occasionally afflicted for many years. With those few grains of Dover's powders did my account with the druggist close. That hydropathy would have accomplished its pur-

pose may be fairly inferred from the fact, that cases similar to mine are of frequent occurrence at Gräfenberg. The details of the following, amongst other interesting applications of the *weniger erregender umschlag*, was given to me at Gräfenberg. A child, three years old, was subject to inflammation of the stomach and bowels. A second attack, with aggravated symptoms, which he had while at Gräfenberg, was treated as follows:—The *weniger erregender umschlag*, covered only with a thick dry sheet, was applied every five minutes, from the neck to the knees, for upwards of an hour, when, the heat being reduced, the last was permitted to remain ten minutes; the head and chest being also implicated in the inflammatory action, thicker umschlage were applied to those parts; the feet and legs being cold, they were well rubbed with the hands, and covered with a blanket. After the application of the last umschlag he was placed in a tepid bath at 17° Reaumer (about 70° Fahrenheit), where he was retained for an hour; his body being rubbed gently during the whole time; additional cold water was occasionally added to retain the bath at a uniform temperature, and a tumbler of cold water was also poured on his head, at intervals of about a minute. Four times during the day was this process repeated; the periods being reduced as the fever became less, and at night the umschlag was changed every half hour. On the second day the little sufferer refused to go into the bath, but

begged himself from time to time for fresh umschlage. Priessnitz at once adopted the child's suggestion, and directed that his feelings should be attended to. In the course of the day the child desired the bath, in which he was accordingly placed, and where he remained till the heat in his armpits, and back of his neck, was reduced to that of the rest of his body ;— this being Priessnitz's index of the proper duration of a bath under such circumstances. In four days the child was quite restored. Subsequently a pustule appeared on one foot, which discharged freely, and his cure was perfected.

By a steady application of the various hydriatic appliances here described, the humours of the body are brought to the surface, pass off by insensible perspiration, or are thrown out in boils, called crises; the time which is taken to accomplish this varies very much. With some a month may suffice, with others upwards of twelve months will be required; and there are cases where no eruption ever occurred. The rising of these boils usually produces fever, and sickness of the stomach. At Gräfenberg they are hailed as the harbingers of good; they require, however, attention, and some experience in their management; but no consideration should induce the patient to use anything but water in the treatment of them. Care should be taken that the matter from them does not touch any part of the body, if the skin be scratched, or otherwise

wounded, as serious ulceration may be the consequence. Two cases came under my observation at Gräfenberg where parties had inoculated others as well as themselves. In one case the patient had dressed a crisis on his leg just after he had cut his thumb-nail a little too close. Some of the virus touched the thumb, and the consequence was, severe ulceration : subsequently, being curious to compare the effluvia from both sores, he brought his thumb too often to his nose, the frequent smelling of which produced a distressing crisis in his nose.

In the other case the patient inoculated, one after another, three baddieners, who had to dress his legs.

In the town of Freiwaldau, I was credibly informed that a baddiener lost, last year, the first joint of his forefinger, in consequence of crisis inoculation and bad treatment. Cases also came under my observation where no crisis had been produced till the parties had received a blow, or a hurt from a fall ; such forced crises are not to be desired, being generally more painful and more difficult to heal than the natural ones.

The variety of diseases which were in progress of being eradicated during my sojourn at Gräfenberg would be scarcely credited. Stomach, liver, kidneys, lungs ; a variety of exanthemata, or eruptive diseases ; gout, rheumatism, erysipelas, chorea, paralysis, neuralgia, asthma ; various diseases of the urinary and uterine system ; dropsy, deafness, blindness ;

syphilis in various forms; hernia; many cases of fistula which had long resisted medical and surgical treatment; scrofula, &c. &c.

In no disease is the power of hydropathy so triumphantly exhibited as in that of scrofula.

“The time is past,” observes Dr. Gregory, “when direct or *specific* remedies for the scrofulous diathesis could be proposed with any prospect of obtaining the confidence of professional men. All that is now attempted is to avoid the obvious exciting causes, and to place the system in that state in which it may best resist the operation of such as are more obscure, or altogether beyond our control.” “*That state*” Priessnitz’s treatment most perfectly accomplishes, and the result has been all that humanity can hope for.

It may be useful to point out certain advantages of the hydropathic treatment which have not been, I believe, yet adverted to, or only generally. The success which has attended Priessnitz in his treatment of females previous, and subsequent to confinement, is as remarkable as his treatment of fever, never having lost a patient under either condition.

During pregnancy the sitz-bath and abreibung are frequently applied, particularly the former, if there be pain in the back; cold and abgeschrecht baths, also, are recommended, and the erregender umschlag, or stimulating wet bandage, he considers, lessens the first pains, and causes a speedy labour. After con-

finement, he recommends the body to be rubbed all over daily, portion by portion, with a wet towel, and then with a dry one; the rest of the body being kept well covered. In milk fever he directs a slight sweating, with subsequent rubbing with a wet towel.

For pain in the breast or bowels, the *erregender umschlag* is applied. Should the legs swell, the *erregender umschlag* is again resorted to. If there be giddiness, or head-ache, uncovered *umschlage* to the forehead, with frequent *leintucher*, will be found efficacious. Should the bowels or stomach of the infant become deranged, he applies either a soft *umschlag*, or places it in *warm* water to the waist; the bowels being gently rubbed; or a lavement of cold or tepid water is administered.

When teething comes on, and fever prevails, the *erregender umschlag* should be applied as a small shawl across the shoulders and chest, to be renewed when it becomes hot. Great care must be taken that this bandage is perfectly covered, or injury will arise.

In all feverish complaints of children the wet sheet (*leintuch*) is always safe, renewed when hot, and afterwards the tepid (*abgeschreckt*) bath; the child being kept as much as possible in bed.

This treatment applies to measles, small-pox, scarlet-fever, &c., and which I have had many opportunities of testing.

What a contrast is here presented to the artificial

enervating and depressing practice of the schools ; often increased by the uncontrollable ignorance of the monthly nurse, who has been known to prevent the mother using cold water, except to the face and hands, for a whole month. Here we have no unnecessary interference with Nature's operations, no exhausting stimulants, to rack the already over excited nerves of the suffering mother ; no castor-oil ; no carminatives to torment the feeble frame of the devoted infant, rendering its first step into life one also towards disease.

By the judicious combination of the simple elements described in this work, directed by an intuitive sagacity, has V. Priessnitz been enabled to command a larger amount of success in alleviating suffering, and removing disease, than can be claimed by the highest educated and most eminent medical practitioner of Europe ; and it is only by a full appreciation of his principles, together with a moral boldness in their application, that his followers can hope to perpetuate the blessing of his discoveries.

“ *Palmarum qui meruit ferat.*”

While these sheets were about to go to press, a kind friend suggested that it would be only right to state in what cases the cold water treatment has failed in my hands. This, I can assure him, I should have done had I had legitimate failures ; but, with the exception of one case of disease of the lungs, and

one of epileptic fits, I am unconscious that hydropathy has lost anything of its power at Prestbury. The lung case was under treatment only a fortnight ; and, though the strength of the patient was considerably improved ; yet, as there was too much reason to believe that an organic change had already taken place, it was not considered advisable to recommend any active treatment beyond sitz-baths, tepid-baths to keep the skin free, and umschlag to the body. In the case of fits, the milder treatment of wet-sheet and shallow-bath had the effect of reducing the number from eight and ten a day to one in six and eight days : but, on increasing the activity of the treatment, with a view to produce crisis, the fits returned, and the parents were unwilling to resume any part of it. As an infant, the patient had been subject to convulsions, and the head was below the medium size.

I acknowledge that I have had a few under treatment with only partial success ; because the parties became impatient, and abandoned it, some in a week, some in a month, some in two months ; when three to six months were required. Amongst the poor the difficulty of administering the treatment, save in acute disease, is immense. He who undertakes the task must provide not only sheets, blankets, bandages, and baths — but food also. The appetite is so much increased, and the metamorphosis of the tissues goes on with so much rapidity, that it were idle

to attempt the treatment without an ample provision of nutritive food. This I have been taught by experience to feel. The observation of one of my poor patients, "that I had made her house a bit poorer than ever it war afore," was universal.

When it is considered what sums are drawn from parishes by those who have been pauperized by long-continued chronic diseases — those bugbears of the medical profession,—some exertion should surely be made to ameliorate the evil. Were district hydropathic establishments formed throughout the country, as I feel assured they will be sooner or later, the statistics of pauperism would appear under a very different aspect; for, not only chronic diseases, but epidemics and fevers, which prove so destructive, involving too often the rich as well as the poor, would be at once checked, and contagion stopped; and what to the pecuniary interests of a parish is of, perhaps, still more importance, the seeds of chronic diseases would be destroyed.

With regard to Prestbury, should the wealthy part of the community carry out certain views, which have already been under consideration, of establishing a hydropathic hospital, to receive not only their own poor, but those from other parishes, at a certain rate of payment, I shall be ready, with the able assistance of Albert Priessnitz, to continue my gratuitous labours, with the full hope, under Divine Providence, of offering in England such an amount

of testimony to the value of hydropathy as will for ever put to silence its interested or ignorant maligners.

It may be interesting to some of my readers to know that suffering humanity has found another humble benefactor in Austrian Silesia, whose views are quite as original as those of Priessnitz, and whose practice is yet more opposed to received ideas. I close my little book with some account of his treatment of disease.

About four miles from Gräfenberg, up a lovely valley, is situated the village of Lindiviese, where dwells a schoolfellow of Priessnitz, by name Schrott, a remarkable, but illiterate man, who told me that he had never opened a book on medicine, physiology, or anatomy, and that he never would. He undertakes to cure ALL diseases, not by the exhibition of cold water, which he ridicules, but by withholding from his patients all fluids. The treatment which he has adopted, and which may be termed the Dipsopathic ($\Delta\psi\alpha$, thirst,) though clearly applicable to a variety of ailments, as we shall presently show, I found, in a long interview, to emanate from strangely confused physiological notions. He talked of placing the human being in the same condition as it existed in the womb, by means of moist warmth, with which he surrounds it, (the *feuchte wärme*,)

communicated by *three* wet sheets, in which the patient sleeps. They are all applied in a manner similar to Priessnitz's *one*, the process usually commencing at two o'clock in the morning. The patient remains packed up till eight or ten o'clock. The system of total abstinence from drink is carried on for *five*, and sometimes for *eight* days consecutively; the alvine excretions cease, and the urine is excreted in small quantity, very turbid, and deposits various salts. One patient told me that he had been twelve days without any relief from the bowels; and I heard also of one who had been *seven weeks*. Sometimes, however, diarrhœa occurs, which Schrott considers as a favourable crisis.

By depriving the stomach of fluid, the absorbents of the skin are brought into powerful activity; and, by the moisture having to travel from the extremities of the frame, Schrott thinks that it carries with it the humours of the blood to the bladder, from whence they are ultimately expelled with the urine; because in the urine he finds large deposits, to which he triumphantly points as containing the extraneous matter that caused the disease.

It would be only a waste of time to offer any observations on the fallacy of these views. There are, however, cases that have resisted all allopathic and hydropathic appliances, to which this treatment might certainly offer every prospect of success. I allude to those where there has been serous or sanguineous

effusion, or dilatation of part of the brain,—excrecences, tumours, clots ; in short, where any extraneous matter has been thrown out, which interferes with the functions of the brain and viscera. For, as Liebig observes, “In many diseases substances are produced which are incapable of assimilation. By the mere deprivation of food these substances are removed from the body, without leaving a trace behind ; their elements have entered into combination with the oxygen of the air.” And again, “In the progress of starvation, it is not only the fat which disappears, but also, by degrees, all such of the solids as are capable of being dissolved. In the wasted bodies of those who have suffered starvation, the muscles are shrunk, and unnaturally soft, and have lost their contractility. All those parts of the body, which were capable of entering into the state of motion, have served to protect the remainder of the frame from the destructive influence of the atmosphere. Towards the end, the particles of the brain begin to undergo the process of oxidation, and delirium, mania, and death close the scene, that is to say, all resistance to the oxidising power of the atmospheric oxygen ceases, and the chemical process of elemacausis, or decay, commences, in which every part of the body, the bones excepted, enters into combination with oxygen.”* The “Hunger Cure” has for ages been practised in Germany ; but never before to the extent which Schrott carries

* Liebig's Organic Chemistry.

it, as he sometimes, I have heard, goes so far in the process of oxidation as to produce delirium. Such treatment requires no small amount of moral courage on the part of the patient to undertake. The uncertainty, also, as to the applicability of the remedy to any specific disease is so great, that it is no wonder so few are found willing to endure the experiment.

Cases of epilepsy, for which Priessnitz does not wish to prescribe, were related to me as having been effectually cured by Schrott; also of hypertrophy of the liver. Indeed, one gentleman with whom I was acquainted, whose liver had attained a monstrous size, having tried the hydropathic treatment at Gräfenberg for some months, with little success, put himself under Schrott. In ten days he reported that his liver was being diminished by cubical inches. He was under treatment when I left Gräfenberg, and entertained every hope of being entirely cured.

The deprivation of fluid is gradual; first for one day, then two, and so on, as the patient's strength permits: the appearance of the eyes being Schrott's index. The quantity eaten during the twenty-four hours by the patient while under the *strong cure*, is usually from two to three small rolls of white bread, called semmels.

THE HEAD-BATH (*kopf*) is a very important instrument in cases of chronic head affections, blindness, and deafness. It is used from six to fifteen minutes. The vessel may be circular, about twelve inches diameter, and four inches deep. The back of the head and the sides being alternately immersed.

A highly-interesting case of the cure of deafness will illustrate its use. It was given to me by the patient himself.

In his twelfth year, after a dangerous nervous fever, his hearing was found to be nearly gone. Opinions were obtained from the most eminent physicians in Germany, all of whom declared, after having experimented on him, that he would ever remain deaf, and that, as years advanced, the deafness would be more confirmed.

He arrived at Gräfenberg in January, 1843.

The treatment was as follows :—

Morning, wet-sheet, and plunge-bath, with rubbing ; but for the first fortnight the bath was tepid.

Noon, head-bath, from twelve to fifteen minutes. After which a walk ; then wet-sheet, followed by rubbing with the dripping-sheet (*abreibung*), and sitz-bath for twenty minutes.

Afternoon, head-bath ; walk ; wet sheet, followed by plunge-bath, and hand-rubbing.

Night, head-bath twelve to fifteen minutes.

In eight days, on coming out of the plunge-bath, he perceived a difference in his power of hearing, as

his nose, which had been long stopped up, had begun to cleanse itself. The idea then occurred to him of sniffing water up his nostrils ; he obtained Pricssnitz's sanction, and thus conducted his operations :—

Head-bath, twelve and a half inches diameter, four and a half inches deep ; from two to three inches of water.

1st. Face well rubbed with water twenty times.

2nd. One side of his head immersed till cold, then rubbed till warm.

3rd. Back of head, ditto.

4th. Ears well rubbed till warm, and again the side of the head immersed as before. This three times. The other side then followed, in a similar manner. Water now sniffed three times, and forced through the passages to the mouth ; the head then being thrown back, the water was returned by the same channels to the nostrils.

The face once more rubbed twenty times ; again the water was sniffed, and again the head was immersed and rubbed. The sniffing was repeated, and the operation concluded by rubbing the face twenty times.

In *four weeks* he was enabled to hear distinctly. A quantity of white matter continued, however, to exude from his ears. Sweating was now ordered ; but it proved too much for him, causing him to swoon after the plunge-bath, and he was unable to resume it until he had been four months under treatment.

In four months and a half he commenced the douche, Priessnitz desiring him to proceed with great care, for fear of a relapse. For some weeks he only used it for one minute at a time, which he subsequently increased to five minutes. During the progress of the cure he had many attacks of fever, which readily yielded to the wet-sheet and *abreibung*.

He had no crisis, but many *auschläge* and *diarrhœas*.

When he arrived at Gräfenberg he was in a state of great debility; but when I became acquainted with him in June, he was one of the most robust of the patients. He took his departure on the 12th of July, deeply impressed with the value of hydropathy, and bearing within himself the best testimony to its power.

APPENDIX.

Expenses of a Journey from London to Gräfenberg.

	TRAVELLING.				LIVING.			
	<i>Th.</i>	<i>gr.</i>	£.	s. d.	<i>mks.</i>	s.	£.	s. d.
Passport			0	7	0			
Luggage to the steamer, boat, &c.			0	5	0			
Passage to Hamburg			4	0	0			
Living on board, &c., say							1	0
At Hamburg a day and night, including tax, and going to and from steam-boats, say							9	0 or 0
Steamboat to Magdeburg, 8 15							10	6
Living two days and one night on board					<i>Th. gr.</i>		4	0
At Magdeburg one night							1	10
Railroad to Leipsic, 2d. class 2 4								
Luggage			0	10				
Railroad to Dresden, do. 2 8								
Luggage			0	10				
At Dresden one night							2	0
Schnell Post to Görlitz			2	2				
Luggage			0	15				
Schnell Post to Breslau			4	10				
Luggage			1	0				
<i>Carried forward</i>	21	14	4	12	0	7	10	1 10 6

	TRAVELLING.			LIVING.		
	<i>Th. gr.</i>	<i>£. s. d.</i>		<i>Th. gr.</i>	<i>£. s. d.</i>	
<i>Brought forward</i>	21 14	4 12 0		7 10	1 10 6	
Living two days and one night				1 0		
At Breslau one night				2 0		
Droschke to railroad	0 6					
Railroad to Ohlau	0 16					
Luggage	0 5					
Schnell Post to Neisse	1 9					
Luggage	0 15					
Extra Post to Freiwaldau	6 11					
Living				0 10		
	<u>30 16</u>	<u>=4 11 6</u>		<u>10 20</u>	<u>=1 12 0</u>	
	£9 3 6			£3 2 6		

The total cost, therefore, for a single person is £12 6s. 0d.

Cost of Lodging and Living at Grüfenberg, and first outlay.

	<i>Fl. kr.</i>
1 thick Blanket	8 0
Mattresses	2 30
1 Sitz-bath	0 30
1 pair of Straw Shoes	0 6
6 Sheets at 1 <i>f.</i> 36 <i>kr.</i>	9 36
2 Body Bandages at 48 <i>kr.</i>	1 36
4 Towels	2 0
These must be purchased.	<u>£. s. d.</u> 24 11 = 2 10 9

	<i>Fl. kr.</i>	
Hire of bed per week . . .	1 12	
Lodging and Living, do. . .	6 38	
Attendant . . .	1 10	
Servants at meals . . .	0 10	
White bread, at <i>5kr.</i> . . .	0 35	
Candles . . .	0 12	
Washing . . .	0 30	
	<hr/>	<i>£. s. d.</i>
	10 27	about 1 1 0
Payment to V. Priessnitz, say <i>5 fl.</i> or . . .		0 10 0
Total per week		<hr/> £1 11 0

The Monthly Cost, say for Three Months, will stand thus :—

	<i>£. s. d.</i>	<i>PER MONTH.</i>
Journey to and from Gräfenberg, say	25 0 0	<i>£. s. d.</i>
Blankets, sheets, &c.	2 10 9	
	<hr/> 3)27 10 9	
	9 3 7	} 15 7 7
Board and lodging at £1 11s per week	6 4 0	
For 4 months	<hr/> 4)27 10 9	
	6 17 8	} 13 1 8
	6 4 0	
For 5 months	<hr/> 5)27 10 9	
	5 10 2	} 11 14 2
	6 4 0	
For 6 months	<hr/> 6)27 10 9	
	4 17 8	} 11 1 8
	6 4 0	
For 9 months	<hr/> 7)27 10 2	
	3 1 2	} 9 5 2
	6 4 0	

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Bangor House, Shoe Lane.

MR. BEAMISH, being returned from Gräfenberg, is enabled to extend his practice, having obtained, with the entire sanction of the great Founder of the system, the invaluable services of his near relative, Albert Priessnitz, who has been long considered one of the most efficient assistants at Gräfenberg.

The large payment demanded at many of the hydropathic establishments of this country having operated most injuriously to the cause of hydropathy, by preventing patients remaining a sufficient length of time to receive all the benefits the treatment is capable of affording, Mr. Beamish has determined on the following terms, which will include the medical advice of Mr. Crump, together with all baths, and attendance, *per week, out of the establishment*, but within the parish of Prestbury.

	£.	s.	d.
One individual	1	3	0
Two of the same family	1	15	0
Three ditto	2	10	0
Tradesmen	0	12	0
Poor of other parishes	0	5	0
Poor of Prestbury			gratis.

In the establishment, the average charge for board, lodging, and treatment, will not exceed £3 3s. per week.

Each person will be required to provide a thick blanket (a sample of which may be seen at Prestbury,) and three coarse linen sheets,—all of which may be had at Field House, Prestbury.

Accession no. 27262

Author Beamish, R.:
The cold water cure
...1843.

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